Cook Book



Published by the Dorcas Society
of the
FIRST LUTHERAN CHURCH
Victor Street, Winnipeg

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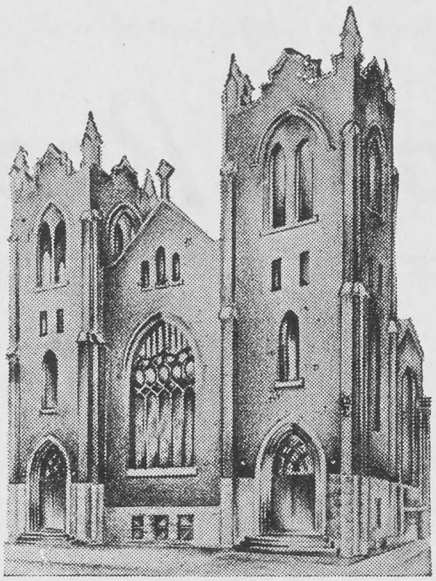
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FIRST LUTHERAN CHURCH
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All the recipes in this book are not necessarily original.
They have been widely used by the contributors
to whom we are gratefully indebted.

1950



FIRST LUTHERAN CHURCH
(ICELANDIC)
VICTOR STREET
WINNIPEG MANITOBA

Blessing and Thanksgiving at Table

The eyes of all wait upon Thee, O, Lord, and Thou givest them their meat in due season. Thou openest Thine hand and satisfiest the desire of every living thing. Help us, our Father, that we may always recognize Thee as the source of all our blessings for body and soul, and to be truly grateful. Bless unto us these Thy gifts, and break Thou unto us ever, the bread of life, through Jesus Christ our Lord. Amen.

REV. V. J. EYLANDS
Pastor, First Lutheran Church

THANK YOU!

The Dorcas Society of the First Lutheran Church wishes to express its appreciation for the hearty co-operation and generous assistance rendered by the contributors and advertisers towards making possible the publication of this Cook Book.

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BREAD RECIPES

WHITE BREAD

4 cups liquid (milk or milk and water), heated luke-warm (98°F.)
1 cake compressed yeast
4 tbsps. sugar
1 tbsp. salt
4 tbsps. shortening
11 cups flour

Dissolve yeast in liquid and add sugar. Add one-half of flour and beat thoroughly. Add melted shortening and remainder of flour gradually. Mix and turn on board and knead dough until it is elastic and comes freely from board. Place in well greased bowl, cover and allow to rise until about double in bulk. This will take approximately two and a half hours. Punch down and let stand 15 minutes. Form into loaves to half fill well greased bread tins. Let rise until double in bulk or until tin is full. Bake in hot oven (425° F.) for 15 minutes. Reduce heat to (380° F.). Bake 35 minutes.

—Mrs. A. C. Johnson

QUICK BREAD

1 Fleischmann's yeast cake
5 cups lukewarm water
2 tbsps. sugar
2 tbsps. shortening
2 tbsps. salt
4 cups flour

Soak the yeast in one cup of water for 15 minutes. Take remaining 4 cups of water and add sugar, shortening and salt. Add yeast cake to this mixture and stir in flour and beat well, then enough flour to make rather stiff dough. Let rise about 3 hours. Knead into loaves and let rise again. Bake 50 minutes at 400° F.

BROWN BREAD

4 cups graham flour
2 cups rye meal
2 cups Rye flour
1 yeast cake—Fleischmann's
1 cup lukewarm water
2 cups warm potato water
1 cup brown sugar
½ cup molasses
1 tbsp. salt
½ cup shortening—melted

Put first three ingredients in a large warm bowl. Mix well. Then make a depression in centre. Mix potato water, brown sugar, molasses, salt and shortening. Pour this into centre of flour. Mix in a little of the flour—then add the yeast, which has been dissolved in the water. Knead all into a soft ball and let rise over night. Knead down in the morning and let rise again; then knead and divide into three loaves. Let rise and bake for about 1¾ hours, having the oven temperature at 350° for the first ½ hour, then reduce heat to 300° for balance of baking time.

—Jenny Olafson

BOSTON BROWN BREAD

3 cups flour
3 cups graham flour
3 cups corn meal
1 cup brown sugar
1 cup molasses
1 heaping tsp. salt
2 tsps. baking soda
2 tbsps. shortening
4 cups buttermilk

Sift and mix dry ingredients. Add shortening and buttermilk, to which baking soda has been added. Mix thoroughly. Bake in slow oven—about one hour. Makes three loaves.

—Mrs. Paul Reykdal

RAISIN BROWN BREAD

3 cups graham flour
1¾ tsps. soda
1 cup molasses
1 cup white flour
¾ cup raisins or walnuts

1 tsp. salt
2½ cups sour milk

Cut raisins small, mix all dry ingredients together. Add molasses and sour milk, and beat thoroughly. Cook as Boston brown bread. This may be steamed in baking powder tins. It will require 4 or 5 tins. Steam 1½ hours. Then bake uncovered until crusted, and toothpick comes out clean.

—Mrs. B. Guttormson

BRAN BREAD

3 cups bran
2 cups flour
1 tbsp. baking powder
2 cups buttermilk
1 tsp. soda
½ cup brown sugar
1 tsp. salt
1 tbsp. molasses

Put in oven at about 350°. Time about 45 minutes.

—Mrs. J. J. Vopni

WHOLE WHEAT BREAD

2 cups milk
¼ cup brown sugar
2 tbsps. shortening
1 tsp. salt
1 yeast cake
4 or 5 cups whole wheat flour

Scald milk. Add brown sugar, shortening and salt. Let cool to luke warm. Add dissolved yeast cake. Then add wheat flour gradually. Beat well, knead and cover, let rise to double in bulk. Knead again, place in greased pans, let rise until nearly double the second time. Put in oven at 400° F. Time, about 1 hour.

—Mrs. J. J. Vopni

ANADAMA BREAD

½ cup corn meal
2 cups boiling water
2 tbsp. shortening
½ cup molasses
3 tsps. salt
1 cake fresh yeast
½ cup lukewarm water

Add corn meal slowly to boiling water, stir constantly. Then add shortening, molasses and salt. Cool to lukewarm, add yeast dissolved in half cup of water, to corn meal mixture. Then enough flour to make stiff dough. Place in greased bowl and let rise until double in bulk. Knead and form into loaves. Let rise again in warm place. Bake 15 minutes in hot oven 425° F. Reduce heat to 375° F. and bake 45 minutes longer.

—Mrs. K. Thorsteinson

BACHELOR LOAF CAKE

1 cup raisins
¾ cup shortening
1 cup brown sugar
1 tsp. each cinnamon, nutmeg and cloves
1 tsp. salt
1½ cups boiling water
2½ cups flour
½ cup peel
½ cup chopped walnuts
1 tsp. baking powder
1 tsp. soda

Add raisins, shortening, brown sugar, spices and salt and boil for 5 minutes. Cool, add flour with baking powder and soda, peel and walnuts. Bake in slow oven for one hour.

—Mrs. N. Nordal, Lundar, Man.

BANANA BREAD

1 cup butter
1 cup sugar
3 bananas
2 eggs
3 tbsps. sour milk
2 cups white flour
1 tsp. baking soda
½ tsp. salt

Cream butter and sugar, add eggs well beaten. Mash bananas and add to mixture, beating well. Sift flour, soda and salt together and add to creamed mixture. Add milk and bake in greased loaf pan for 50 minutes in moderate oven.

—Mrs. E. C. Penston

NUT AND ORANGE BREAD

1 cup granulated sugar
2 oranges
½ cup walnuts
1 egg
3 tbsps. butter
¾ cup milk
4 tsps. baking powder
½ tsp. salt
3 cups flour

Chop rind of oranges and boil until tender. Then add ¼ cup granulated sugar and boil 5 minutes. Let cool, add ½ cup walnuts. Mix egg, ¾ cup sugar and butter. Add milk to rind mixture and mix well with egg, sugar and butter mixture. Then add baking powder and salt sifted with flour. If batter is thick add a little more milk. Bake in 4 one-pound cocoa tins.

—Herdis Maddin

ORANGE BREAD

2 oranges
1 cup brown sugar
3 cups flour
½ cup white sugar
3 tsps. baking powder
2 tbsps. butter
¼ tsp. salt

Boil skins of oranges three times (5 minutes each time). Put fresh cold water on at end of each time. Add brown sugar to skins which have been put through mincer (or cut fine). Dissolve sugar and orange skins on stove. Let cool. Rub together —flour, white sugar, baking powder, salt and butter. Add dissolved sugar and orange skins, add enough milk to make a stiff batter. Bake 1¼ hours in slow oven (325°-350°). When removed from oven take from pan and spread a little butter on top.

—Mrs. Glen Eyford

DATE NUT LOAF

1 cup dates (cut up)
1 teaspoon baking soda
1 cup boiling water
2 tablespoons butter
1 egg
1 cup brown sugar
1½ cups flour
½ cup walnuts

Pour boiling water on soda and then combine with dates and butter. Let stand and then beat egg and add brown sugar. Beat again. Add ½ cup flour and mix. Pour date mixture into this and mix well. Add 1 cup flour and walnuts. Stir and blend well. Pour into a well greased pan (tube pan is good). Bake in a slow oven 300° for about 1 hour.

—Mrs. W. W. Bubb

DATE BREAD

1 lb dates
1 cup boiling water
1 teaspoon baking soda
1 tablespoon butter
1 egg
1 cup brown sugar
1½ cups flour

Combine boiling water, soda and butter. Pour this over dates and let stand. Mix unbeaten egg, brown sugar and flour. Add first mixture to second and bake in 300° F. oven for one hour. Nuts may be added if desired.

—Mrs. K. Halderson

STEAMED DATE BREAD

1 cup brown sugar
1 egg
1½ cups flour
½ teaspoon salt
1 teaspoon soda
1 cup dates (chopped)
1 teaspoon baking powder

Pour over dates one cup boiling water. Let stand until cool. Mix brown sugar, egg, flour, baking powder, salt and soda. Put in 4 greased baking powder tins with lids on and steam half hour.

—Mrs. Oliver G. Bjornson

CHOCOLATE APPLESAUCE LOAF

½ cup shortening
1½ cups unsweetened applesauce
1 cup chopped walnuts
1 cup raisins

2 cups flour
2 teaspoons baking powder
1 teaspoon soda
3 level tablespoons cocoa
1 cup sugar
½ teaspoon salt
cinnamon, cloves & nutmeg

Mix shortening, applesauce, raisins and nuts. Sift all dry ingredients and add to first mixture. If too stiff add a little milk. Turn into two loaf pans and bake in moderate oven 1 to 1½ hours.

—Jean I. Wood

GRAPENUT BREAD

1 cup grapenuts
2 cups milk
½ cup sugar
1 egg
3 cups flour
1 teaspoon salt
4 teaspoons baking powder

Combine grapenuts, well beaten egg and milk. Let stand ½ hour. Then add the other ingredients. Bake in two loaf pans in moderate oven.

—Joanne H. Bjarnason

DESSERT - GINGERBREAD

1½ cups flour
¼ teaspoon salt
1/3 cup shortening
1 egg
1 teaspoon baking soda
1 teaspoon ginger
½ cup sugar
½ cup molasses
¾ cup boiling water

Sift, then measure the flour add salt, baking powder, soda and ginger. Cream shortening until light and fluffy, add sugar gradually beating after each addition. Add unbeaten egg and beat briskly. Add molasses then dry ingredients. Stir in boiling water. Turn into greased loaf pan (8 x 8). Bake 30 to 40 minutes at 350°F. Serve with whipped cream or ice with maple icing.

—Mrs. Leo Johnson

JOLA BRAUÐ
(CHRISTMAS BREAD)

1 cake Fleischmann's yeast
1 cup milk, scalded and cooled
1 tablespoon sugar
3¼ cups sifted flour
¼ cup butter
1 cup sugar
1 egg
¼ teaspoon salt
½ cup raisins
½ cup peel
1 teaspoon cardamons
3 drops of oil of lemon

Dissolve yeast and 1 tablespoon sugar in lukewarm milk, add 1½ cups flour to make sponge. Beat until smooth, cover and let rise until light about 1 hour. Add butter and sugar creamed, egg well beaten, raisins, peel, cardamons and lemon, rest of flour or enough to make a moderately stiff dough and salt. Turn out on board, knead lightly, place in greased bowl, cover and set aside in warm place until double in bulk, about 2 hours. Put in pans and let rise again about one hour or until light. Glaze with egg diluted in water just before putting in oven and bake like bread. Just before removing from oven, brush with sugar moistened with water.

—Mrs. S. J. Sigmar

JULEKAKE
(Norwegian Bread)

1 cake compressed yeast
¼ cup lukewarm water
4 cups sifted flour
1 cup lukewarm milk
½ lb. butter
½ cup sugar
1 cup seedless raisins
8 cardamon seeds
1 cup citron, chopped fine

Soak yeast in lukewarm water; meanwhile rub shortening into flour. Husk cardamon seeds and crush with rolling pin. Add this with sugar, raisins and citrons to flour mixture, then add milk and softened yeast. Mix well and let rise for 1½ hours.

Knead well and put into well greased loaf pan. Let rise again till double in bulk, then bake in moderate oven about 1 hour.

—*Mrs. C. Julius*

ICELANDIC BROWN BREAD

2 cups milk
½ cup sugar
1 heaping tablespoon salt
4 tablespoons shortening
¼ cup molasses
2 packages dry yeast
4 cups white flour
4 cups graham flour

Scald milk in double boiler add shortening, sugar and salt. Cool to lukewarm. Add yeast to ¾ cup water with 2 teaspoons sugar and allow to stand for 10 minutes. Add to lukewarm milk mixture. Put 4 cups white flour in bowl and add liquid all at once. Beat until smooth. Then add graham flour one cup at a time, kneading in well till it is easy to handle and does not stick to sides of bowl. Let rise in warm place till double in bulk. Punch down and divide into three loaves, place in loaf pans and allow to rise until almost double in bulk. Put in hot oven 400° and let heat go down to 325°. Bake about 45 minutes.

—*Mrs. Betty Perlmutter*

ROLLS, SCONES and SMALL CAKES

THREE-DAY BUNS

1 yeast cake
1 cup cold water
½ cup lard
1 cup sugar
1 teaspoon salt
2 cups lukewarm water

Place yeast cake in cup of cold water at 3 o'clock in the afternoon. Make a sponge. Next morning mix lard, sugar and salt. Beat well and add lukewarm water. Make dough softer than a bread dough. Let rise twice its bulk and mix down. Do that a few times all day. In evening make into small buns and let stand in pans overnight. Bake first thing next morning.

—*Mrs. A. Trottier*

LUNCH ROLLS

1 teaspoon miracle yeast
1½ cups milk
1 tablespoon sugar
4 cups sifted flour
1 teaspoon salt
2 tablespoons melted lard
1 egg

Dissolve yeast in the milk which has been scalded and cooled and leave for 20 minutes, stirring frequently. Add lard, sugar and 2 cups of flour and beat thoroughly. Add egg well beaten, balance of flour and salt. Turn on board and knead lightly and thoroughly, using as little flour as possible. Place in well greased bowl, cover and set aside to rise about 2 hours. When light, form into small biscuits, the size of a walnut. Place 1 inch apart in a well greased pan and let rise until double in bulk. Brush with egg and milk and bake 10 minutes in hot oven.

—*Mrs. W. H. Carey*

DINNER ROLLS

1½ cups milk
6 tablespoons shortening
6 tablespoons sugar
2 eggs
1 teaspoon salt
1 cake Fleischmann's yeast
nutmeg

Soak yeast in warm water. Scald milk, add shortening and sugar. When cool add well beaten eggs, salt nutmeg, flour to make thin batter—about 2 cups—and yeast. Beat well. Cover. Let rise in warm place until quite light. Add more flour and knead to a soft dough. Let rise until

double in bulk. Roll out quite thin. Cut with small cookie cutter and place two rolls in well greased pan and press together in centre. Let rise till light. Bake in moderate oven 25 minutes.

—Mrs. T. Gudmundson

REFRIGERATOR ROLLS

3 cups hot water
3 teaspoons salt
4½ tablespoons shortening
¾ cup sugar
10½ cups flour
2 ozs compressed or powdered yeast
6 tablespoons lukewarm water
3 eggs

Combine hot water, salt, shortening and sugar. Cool to lukewarm. Add yeast which has been softened in the lukewarm water; and the beaten eggs. Add half the flour (about 5 cups) and stir in well. When big air bubbles begin to form, add remainder of the flour. When the dough is stiff enough to handle, knead lightly for 3 to 5 minutes and place in large greased bowl. Grease top of the dough and place in refrigerator overnight. Slice off quantity desired and shape into rolls. Allow to set in warm place till risen double in bulk (about 1 to 1½ hours). Bake in quick oven 400°, 10 to 15 minutes. Quantity — 7 dozen. Half this recipe for the average-sized family.

Note:

Dough must be put in very large bowl and given plenty of refrigerator space as it rises to at least twice its size. Dough may be kept in refrigerator for 3 to 4 days. Buns may be brushed with milk, sugar and water or slightly beaten egg white before baking.

CLOVER LEAF ROLLS

1 compressed yeast
½ cup lukewarm water
1 cup sugar
¾ cup butter
1 teaspoon salt
1 cup mashed potatoes
1 cup milk (scalded)
2 eggs
8 cups flour

Dissolve the yeast in the lukewarm water and add the scalded milk which has been cooled to lukewarm. Add potatoes which have been mashed fine, butter, sugar, salt and well beaten eggs. Sift in sufficient flour to make a stiff dough. Knead well. Let rise till double in bulk. Bake in an oven at 400°F. Make rolls by pinching off small amounts of dough, moulding into balls about the size of a marble and place three in a ring of a greased muffin pan. Let rise and bake about 15 to 20 minutes.

—Mrs. P. V. Matthews

QUICK BUTTERSCOTCH ROLLS

2 cups flour
4 teaspoons baking powder
¾ teaspoon salt
4 tablespoons shortening
¾ cup milk
soft butter
cinnamon
brown sugar

Sift flour, baking powder and salt. Cut in the shortening until the mixture is like coarse crumbs. Then add milk to make a dough that is just soft enough to handle. Turn it onto a floured pastry board and roll or pat into a large rectangle about ¼ inch thick. Spread this generously with softened butter and sprinkle thickly with brown sugar and cinnamon. Raisins or chopped nuts may also be added. Roll up jelly roll fashion and cut in slices about 1 inch thick. Use muffin pans, put a piece of butter into each of these, about a small teaspoon and then add another good teaspoon of brown sugar. Set the rolls cut side down on this bed of butter and sugar and bake in hot oven about 450° for 20 minutes. Remove from pan turning upside down.

—Mrs. Fred Thordarson

BUTTERSCOTCH ROLLS

¼ cup lukewarm water
1 level tablespoon sugar
1 cake dry yeast
1½ cups scalded milk
2½ cups sifted flour
½ cup butter
3 eggs
½ cup sugar
1 teaspoon salt

Add 1 tablespoon sugar and yeast to warm water. Allow mixture to stand until yeast is soft. Scald milk and then cool to lukewarm. Add milk to softened yeast; mix well then add flour to make batter that is quite thick. Cover and set in warm place till mixture is light and full of bubbles. Beat till smooth and then add butter (creamed) sugar and eggs. Add to sponge mixture and beat well. Add salt and 1 cup of flour. Mix well and add more sifted flour to make soft dough. Knead smooth. Round up dough, place in greased bowl, cover with cloth and a lid and let rise (at 82 to 85 degrees) until double (about 2 hours). Roll about ½ inch thick, spread with 2 tablespoons melted butter and ½ cup brown sugar and cinnamon. Roll as for cinnamon buns. Cut in ½ inch slices. Cream 1/3 cup butter and ½ cup brown sugar and spread on pan. Place nuts and cherries on pan and then buns about ½ inch apart. Let rise till doubled then bake in hot oven 400° for 20 minutes.

—Mrs. J. R. Storry

EVER READY ROLLS

1 quart milk
1 cup mashed potatoes
1 cup sugar
2½ teaspoons salt
1 cup melted fat
1 yeast cake
½ cup lukewarm water
2 teaspoons baking powder
1 teaspoon soda
5 cups flour

Scald the sweet milk and when luke warm add sugar, potatoes, salt, baking powder, soda, fat and yeast, which has been dissolved in lukewarm water. Add about 5 cups of flour to make a soft sponge. Then let stand till more bubbles appear on the surface. Add enough flour to make a stiff dough. Knead well. Put the dough in ice box for 24 hours before using. When rolls are wanted take amount needed and mould in desired shape. Then let rise till double in size and bake. This dough will keep one week on ice.

—Mrs. Les Dixon

PECAN ROLLS

1 yeast cake
1 cup scalded and cooled milk
2 egg yolks
½ teaspoon salt
3 teaspoons sugar
¼ cup lukewarm water
1½ cups flour
¼ cup melted shortening
½ cup chopped pecan nuts

Dissolve yeast cake in water, add milk and flour. Beat till smooth and let rise till bubbly. Add egg yolks, salt, sugar, shortening and flour to make dough. Let rise till double in bulk. Roll ½ inch thick, spread with butter, sprinkle with brown sugar and chopped nuts and roll as jelly roll. Cut in inch lengths. Generously butter a biscuit pan and sprinkle with brown sugar and pecan nuts. Set pieces of dough in place; when light bake 15 to 25 minutes in moderate oven. Turn out upside down immediately.

—Mrs. G. M. Bjarnason

COFFEE CAKE AND ROLLS

1½ cups milk, scalded and cooled
6 tablespoons sugar
6 tablespoons butter or shortening melted
2 eggs
½ yeast cake
salt and nutmeg

Scald milk, cool and add other ingredients and about 2 cups of flour, beat well. Let rise in a warm place.

When light add more flour and knead to a soft dough. Let rise again to double its size. Roll out to about ¼ inch thick and spread generously with soft butter, sprinkle with cinnamon and sugar, roll as for jelly roll, cut in pieces about 1½ inches and place cut side down on baking pan which has been spread with butter, sprinkled brown sugar, raisins, cherries and nuts. Let stand for about 15 minutes in warm place or until light and bake in hot oven for about 20 minutes. For rolls same as above only use half the amount of sugar and shortening and knead as for rolls. This recipe takes about 4 to 5 hours.

—Mrs. O. B. Olsen

CHEESE BREAD OR ROLLS

4 cups bread flour
1 yeast cake
1½ cups lukewarm milk
2 tablespoons sugar
1½ cups grated cheese
1½ teaspoons salt

Dissolve yeast cake in ¼ cup milk. Add sugar and stir until dissolved cheese, which has been melted in 1¼ cups lukewarm milk. Beat in 1 cup of flour. Permit to rise for one hour. Beat in remaining flour and salt. Toss dough on lightly floured board. Knead until easily handled (about 2 minutes). Permit to rise until doubled in bulk. Form pieces of dough into balls ¾ inch in diameter by folding edges under until top is smooth. Place 3 balls in each section of muffin pan. Cover with cloth. Permit to rise until double bulk (about 20 minutes). Bake in hot oven 425° for about 15 minutes. Remove and brush top with melted butter. Remove at once from pans.

—Mrs. J. A. K. Broadfoot

RIZ BISCUITS

1½ cups scalded milk
3 tablespoons sugar
1 teaspoon salt
1/3 cup shortening
2 yeast cakes
1 egg — well beaten
5 cups flour

Add sugar, salt and shortening to milk. When cool to lukewarm add 2 fresh yeast cakes. Stir in egg and add flour. Knead well and put in buttered bowl until double in bulk. Make buns and let rise. Bake in fairly hot oven.

—Thorgerda Gray

SOUR CREAM TROISTS

4 cups flour
1 teaspoon salt
1 cup shortening
1 envelope quick dry yeast
¼ cup lukewarm water
1 egg and 2 egg yolks
1 cup thick, light sour cream

Sift flour and salt into a bowl. Cut in shortening. Soak yeast in water. Beat egg and yolks together. Add cream, yeast and 1 teaspoon vanilla. Add to dry ingredients and mix thoroughly. Let rise in refrigerator for two hours. Sprinkle a little sugar on bread board and roll out dough to a 10 to 12 inch square. Fold dough into centre from either side. Do this 4 times sprinkling sugar on board and dough each time. Cut into strips ¾ inch wide and 4 inches long. Sprinkle with sugar. Twist 3 or 4 times and lay on ungreased cooky sheet several inches apart. No additional rising required. Bake in a moderate oven 375° for 20 minutes. Makes 3 dozen.

—Mrs. J. Gudlaugsson

SCOTCH SCONES

3 cups flour
3 teaspoons baking powder
½ cup white sugar
1 large tablespoon shortening
1 teaspoon salt

Sift together first three ingredients. Add shortening. Mix in well with a fork. Add enough milk to make soft dough. Turn out on floured board and roll lightly. Cut with a cookie cutter. Bake on a floured baking sheet for 15 minutes in 450° oven.

—Mrs. Wm. McNeil

SCONES

2½ cups flour
1 level teaspoon salt
2 tablespoons sugar
2½ teaspoons baking powder
2½ tablespoons butter
½ cup milk
1½ tablespoons corn syrup
1 egg
½ cup dates or raisins

Sift together dry ingredients. Rub in butter. Mix together egg and milk and corn syrup. Add to dry ingredients. Add dates. Bake 12 to 15 minutes at 400°.

—Mrs. Margaret McDonald

RAISIN CUP CAKES

1½ cups raisins
¼ cup butter
1 egg
½ teaspoon cloves
½ to 2/3 cup raisin water
¾ cup granulated sugar
1½ cups flour
1 teaspoon cinnamon
1 teaspoon soda

Cover raisins with water. Let simmer 20 minutes. Strain and let liquid cool. Cream butter, add sugar, add slightly beaten egg. Add sifted dry ingredients alternately with raisin water. Bake 30 minutes at 375°. Makes 18 good sized cakes.

—Mrs. G. H. Nicholson

OAT CAKES

1 cup oatmeal
¼ teaspoon baking soda
1 teaspoon beef dripping
½ cup warm water
¼ teaspoon salt

Put oatmeal in a bowl. Mix in a cup the dripping, soda and warm water. Stir this into the meal and knead to rather a soft paste. Add more water if needed. Knead this again into a ball. Put dry meal on baking board and roll out into a round cake, quite thin, and cut, not breaking the edges. Bake in oven until edges curl up.

—Mrs. S. W. Reid

GRAHAM MUFFINS

½ cup sugar
1 tablespoon shortening
1 egg
1 cup raisins
1 teaspoon soda
1½ teaspoons baking powder
1 cup sour cream

Cream sugar and shortening. Add egg, raisins, cream to which soda has been added. Then add enough graham flour to make a stiff batter. Bake in muffin tins in moderate oven 20 min.

—Mrs. H. W. Sigurgeirson, Hecla, Man.

BRAN MUFFINS

2 cups flour
2 teaspoons salt
1½ teaspoons soda
1 teaspoon baking powder
¼ cup sugar
2 cups bran
2 cups sour milk or buttermilk
1/3 cup molasses
1 egg (beaten)
2 tablespoons melted shortening
1 cup raisins
1 cup dates

Sift together flour, salt, soda, baking powder and sugar. Combine with bran. Combine sour milk, molasses, egg and shortening. Add to dry ingredients, stirring only enough to dampen dry ingredients. Add raisins and dates. Fill well greased muffin pans 2/3 full and bake in hot oven 425° 20 minutes.

—Bea Hanneson

MUFFINS

2 cups sifted flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons white sugar
1 egg
1 cup milk
2 tablespoons melted butter

Mix and sift flour, baking powder and salt. Add sugar. Mix beaten egg, milk and cooled melted butter. Make a well in centre of dry ingredients.

Pour in the wet mixture and mix quickly. Fill greased muffin tins 2/3 full. Bake at once in hot oven 400 for 20 to 25 minutes. One quarter cup of currants may be added to the dry ingredients, also 1 cup of bran may be substituted for 1 cup of flour to make bran muffins.

—Frances Gillies

CINNAMON MUFFINS

¼ cup shortening
1/3 cup sugar
1 egg yolk
1½ cups flour
2¼ teaspoons baking powder
¼ teaspoon salt
½ teaspoon nutmeg
½ cup milk
1 stiff beaten egg white

Cream shortening and sugar. Add egg yolk. Add dry ingredients alternately with milk. Fold in egg white. Bake in moderate oven 350° for 25 minutes. Roll hot muffins in ¼ cup melted butter, then in mixture of 1/3 cup sugar and 1 teaspoon cinnamon.

—Mrs. Josephine Davis

DOUGHNUTS and FRIED CAKES

DOUGHNUTS

1 cup sugar
3 eggs
2 tablespoons melted butter
½ cup sweet cream
½ cup sweet milk
4½ cups flour
2 teaspoons baking powder
¼ teaspoon salt

Mix ingredients in order given. Roll out, cut with doughnut cutter. Fry in deep fat to which has been added 1 tablespoon vinegar. This makes excellent doughnuts.

—Mrs. Joh. K. Johnson

DOUGHNUTS

1 cup brown sugar
2 eggs
1 tablespoon butter
1 cup milk
2 teaspoons cream of tartar
1 teaspoon soda
1 teaspoon vanilla
Flour—enough to make soft dough

Beat eggs, add sugar gradually. Sift flour with cream of tartar and soda. Mix milk alternately with dry ingredients and lastly melted butter and vanilla. Cut with doughnut cutter and fry in deep fat.

Mrs. Kr. Goodman

SOUR CREAM DOUGHNUTS

2 eggs
¾ cup sugar
½ cup thick sour cream
½ cup buttermilk or milk
2/3 teaspoon salt
1 teaspoon vanilla
½ teaspoon soda
2 teaspoons baking powder
3¾ cups flour

Beat eggs until very light, add sugar and beat until sugar is dissolved. Add sour cream, milk and vanilla. Then add dry ingredients sifted together. Handle as lightly as possible. Roll and cut. Fry in deep fat.

—Mr. H. I. Johnson,
Thornhill, Man.

CHERRY DOUGHNUTS

1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
1 beaten egg
2/3 cup milk
cherries, little lemon juice

Dip each cherry into batter, fry in hot lard. Drain on waxed paper. Roll in icing sugar.

—Mrs. C. Goodman

SCOTCH SCONES
(Pan Fried)

2 cups flour
½ teaspoon salt
2 teaspoons sugar
2 teaspoons baking powder
1 teaspoon soda
2 tablespoons lard
1 tablespoon butter
¾ cup buttermilk (more or less)

Mix dry ingredients then rub in lard and butter. Add buttermilk. Toss on board and roll lightly and cut. Fry on hot griddle. Test the hot griddle by tossing a speck of flour on it and when that starts to turn golden the griddle is the right temperature.

—Mrs. J. Stevenson (Senior)

FRIED RICE CAKES

2 cups boiled rice
1 egg
2 tablespoons flour
1 teaspoon baking powder
1 tablespoon sugar
½ teaspoon salt
¼ teaspoon nutmeg
½ cup bread crumbs
1 egg yolk
2 tablespoons water

Mix rice, beaten egg, flour, baking powder, sugar, salt and nutmeg. Mix well, form into balls, roll in fine bread crumbs. Then in beaten egg yolk diluted with water and again in crumbs. Fry in deep fat until a delicate brown. Drain on unglazed paper and serve with jelly, cheese sauce, or tomato sauce.

—Mrs. E. P. Martin

PARTAR

2 tablespoons butter
1½ cups sugar
1½ cups boiling water
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon salt
1 cup flour

Cream butter and sugar well. Add boiling water and soda. When sugar has melted add salt, flavoring and flour and knead a little. Add more flour if necessary. Then take a small quantity of dough, roll out thin and cut in diamond shape pieces with two large slits in the middle of each piece. Fry in hot shortening.

—Mrs. G. Finnbogason

SCOTCH CRUMPETS
OR SCOTCH PANCAKES

2 eggs
1 small cup sugar
1 cup milk
1¼ cups flour
1¼ teaspoons baking powder
¼ teaspoon salt

Beat eggs, add sugar. Beat well. Then add flour and milk alternately. Stir in baking powder and salt last. Use greaseless griddle.

—Mrs. J. Campbell

ICELANDIC PANCAKES
(PÖNNUKÖKUR)

2 eggs
1/3 cup sugar
¼ teaspoon salt
½ teaspoon cinnamon
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon vanilla
½ cup sour cream or buttermilk
1½ cups flour
2 cups sweet milk

Beat eggs, add sugar, salt, vanilla and cinnamon. Dissolve soda in a little boiling water and mix with sour cream, add flour and baking powder sifted together. Beat well, gradually stir in the sweet milk. To bake: Use fairly heavy griddle pan. Rub bottom of pan with butter tied in a small cloth. Lift pan off fire while you pour about 1/5 cup batter on it. Tip griddle around until entire bottom is covered. Set back on fire as quickly as possible. Then turn and bake the other side. Sprinkle with sugar and roll. Sour cream and soda may be omitted, adding more sweet milk.

—Mrs. B. B. Jonsson

PANCAKES

1 cup flour
½ teaspoon salt
2 teaspoons baking powder
2 tablespoons sugar
1 egg
1 cup milk
2 tablespoons melted shortening

Sift together, flour, salt, baking powder and sugar. Beat egg and add milk and shortening. Add to dry ingredients and beat until smooth. Serve with butter and syrup.

—Thorgerda Gray

RECIPE FOR ROSETTES WAFERS AND PATTIES

2 eggs
1 teaspoon white sugar
¼ teaspoon salt
1 cup milk
1 cup flour
shortening enough to fry

Beat eggs slightly with sugar and salt. Add milk and flour, beat until smooth. Screw handle into rosette iron and put into hot shortening to heat before putting into batter. When iron is hot, dip in batter, but do not let batter come over top of iron. Return to boiling shortening, thoroughly covering iron. Leave in just long enough to fry a nice golden color about 20 seconds, not over 30 seconds. Shake iron over fat to remove most of fat. Take off rosettes with a clean cheese cloth, leaving on brown paper to cool. When ready to serve, fill centre cavity with a good homemade jelly, then cover jelly with a dab of whipped cream that has been sweetened and slightly flavored with vanilla. May also be served simply plain with icing sugar sprinkled over them. If rosettes do not come off iron easily, they are not fried long enough to be dry in the centre, if rosettes slip off iron into bowl then iron is too hot. Use fresh shortening every time (this is important). When making patties, use the same recipe, only omitting sugar. Patties can be used for chicken filling or creamed oysters, etc.

CREAM OYSTER FILLING FOR PATTIES

Parboil oysters, put 3 or 4 into each pattie shape. Make a thick rich cream sauce highly seasoned, put a spoonful of it on the oysters.

—Mrs. J. S. Gillies

CAKES

ALMOND SQUARES

½ cup butter
1 cup brown sugar
2 egg yolks
1 teaspoon vanilla
1½ cups flour
1 teaspoon baking powder
pinch salt

Mix together and pat into well-greased pan.

Topping:

¼ lb. almonds
2 egg whites
1 cup brown sugar

Beat eggs stiff and add sugar. Pour over mixture. Sprinkle with chopped almonds then bake in a slow oven for 40 minutes. Cool and cut into squares.

—Mrs. R. B. Vopni

ANGEL FOOD CAKE

1¼ cups cake flour
1½ cups egg whites at room temperature (about 12 eggs)
½ teaspoon salt
1 teaspoon cream of tartar
1½ cups sugar
¾ teaspoon vanilla
¼ teaspoon almond extract

Sift flour three times. Beat egg whites, to which salt has been added, in large bowl of electric mixer on No.

7 or 8 speed until foamy. Lift beaters up and down to incorporate more air during entire mixing process. Add cream of tartar and whip until stiff, or until egg whites stand up in points, but not dry. Add sugar slowly, 1 tablespoon at a time using No. 1 speed. Then add flour a few spoonfuls at a time still using No. 1 speed. Add flavoring. Bake in ungreased tube pan (dust it with a bit of flour) in a slow oven of 325 degrees F. for 1 hour and 10 minutes. Remove from oven, invert pan for one hour until cold, on a cake rack. Then remove from pan, loosening cake with a spatula.

If your oven consists of upper and lower elements, never turn upper element on until last ten minutes of baking time. (Just enough to brown top of cake.) Otherwise a crust will form which prevents the cake from rising.

—Mrs. V. J. Eylands

ANGEL FOOD CAKE

1 cup sifted cake flour
1 cup egg whites
¼ teaspoon salt
1 teaspoon cream of tartar
1¼ cups fine granulated sugar
1 teaspoon vanilla

Sift flour once, measure. Sift again several times. Beat egg whites until frothy, then add salt and cream of tartar and continue beating until stiff. Add sugar a small amount at a time, folding it in, then add flavoring. Lastly fold in flour very gradually. Bake in ungreased tube pan 45 minutes in slow 275° oven. Invert pan and cool.

—Mrs. W. G. Johnson

YELLOW ANGEL FOOD CAKE

4 egg yolks
pinch of salt
1 tablespoon cold water
½ cup boiling water
1½ cups sifted sugar
1½ cups pastry flour sifted four times with
1 teaspoon baking powder and
1 teaspoon cream of tartar
vanilla
whites of four eggs

Beat egg yolks until light. Add salt, cold water and beat. Add boiling water. Then add sugar, using egg beater. Add flour, cream of tartar and baking powder. Beat well with spoon. Add vanilla. Then fold in stiffly beaten egg whites. Bake in angel food cake pan for 45 minutes in moderate oven 350-375°.

—Lily Moore

COCOA ANGEL CAKE

1¼ cups sifted sugar
1¼ cups egg (whites)
1 teaspoon cream of tartar
¼ cup cocoa
¾ cup cake flour (pastry flour)
¼ teaspoon salt
1 teaspoon vanilla

Beat the egg whites until frothy. Add cream of tartar and continue beating until stiff enough to hold a point. Fold in the sugar gradually, then the flour sifted with cocoa and salt. Add flavoring. Pour into an ungreased tube pan and bake in a slow oven 300-325° for one hour.

—Mrs. J. A. K. Broadfoot

APPLE SAUCE CAKE

½ cup shortening
1½ cups brown sugar
1 egg
1 cup raisins
1 cup walnuts
1 cup thick, cold applesauce
1¾ cups flour
½ teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
½ teaspoon allspice
1 teaspoon nutmeg

Cream shortening and sugar. Beat in the egg, then add raisins and chop-

ped walnuts. Add applesauce alternately with the sifted, dry ingredients. Bake in a tube pan for one hour at 325°.

—*Mrs. Victor Jonasson*

APPLE SAUCE CAKE

2 cups graham wafer crumbs
1 teaspoon cinnamon
3 tablespoons melted butter

Mix these ingredients well and place half portion in 8-inch square pan.

Filling:
2 cups apple sauce
1 can eagles sweetened condensed milk
juice and grated rind of 1 lemon
3 eggs (whites separate)

Mix well, then add stiffly beaten egg whites. Place over layer of crumbs and top with reserved crumbs. Bake in moderate oven 350° for ¾ of an hour.

—*Disa Thorvardson*

BANANA LAYER CAKE

½ cup butter
1¼ cups sugar
3 eggs
1 teaspoon vanilla
¼ teaspoon salt
2½ cups of flour
3 teaspoons baking powder
2/3 cup sweet milk

Cream butter slowly, working in sugar, beating well. Add unbeaten eggs one at a time, beating well after each. Add flavoring. Sift remaining ingredients twice and add alternately with milk. Bake in three greased layer cake tins in moderate oven 375° F. about twenty minutes

Lemon Cream Filling:

Mix 3 tablespoons cornstarch with ½ cup sugar. Add ½ cup boiling water. Cook in double boiler until thick and smooth, stirring constantly. Stir in yolk of one egg (beaten), return to burner and cook 2 minutes more. Remove from burner, add 2 tablespoons lemon juice, grated rind of half a lemon and tablespoon of butter. Cool. Spread between layers, cover with sliced bananas, then more filling. Cover with boiled icing colored pale yellow and garnish with bananas that have been dipped in lemon juice.

—*Mrs. H. J. Palmason*

BANANA CAKE

1 cup white sugar
2 eggs
3 tablespoons sour milk
1½ cups flour
1 teaspoon vanilla
½ cup butter or shortening
2 bananas
1 teaspoon soda
2 teaspoons baking powder

Cream butter and sugar, add beaten egg yolks, then mashed bananas, vanilla and sour milk with soda dissolved in it. Sift flour and baking powder and mix. Fold in beaten egg whites. Bake in moderate oven 45 minutes.

—*Mrs. Leslie Smith*

BANANA CAKE

½ cup butter
1½ cups sugar
1 cup banana, mashed
½ cup dates, chopped
1 cup crushed pineapple, drained
2 cups cake flour
½ teaspoon soda
1 teaspoon baking powder
½ cup nutmeats
½ cup sour milk

Cream sugar and butter thoroughly. Add bananas, dates, pineapple and blend thoroughly. Sift dry ingredients three times and mix in nuts; add alternately with sour milk. Bake in moderate (350° F.) oven for 35 to 40 minutes. Frost with caramel icing:

1½ cups dark brown sugar
1½ cups granulated sugar
1½ cups milk
2 tablespoons butter

Combine sugars and bring to a boil with the milk, stirring gently. Boil

without stirring until 232° F. or the soft ball stage. Add butter, remove from heat and cool to lukewarm. Beat until thick and creamy and of a consistency to spread.

—Mrs. B. Guttormson

BUTTERMILK CAKE

1 cup butter
4 cups brown sugar
4 cups buttermilk
2 lbs. currants
2 lbs. raisins
1 lb. peel
2 teaspoons vanilla
1 teaspoon cloves
2 teaspoons nutmeg
4 teaspoons baking soda

Cream butter and sugar. Dust the fruit with flour. Add dry ingredients and buttermilk alternately, using enough flour to make a stiff paste. Bake in moderately hot oven (325-350°F.) for 1 hour, then in a cooler oven for two hours more. This recipe should fill set of three cake tins.

—Mrs. J. G. Skulason,
Geysir, Man.

BUTTERSCOTCH TOP CAKE

2 eggs
1 cup sugar
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
vanilla
½ cup milk
2 tablespoons butter

Beat eggs and add sugar. Add sifted flour, baking powder and salt. Heat milk to boiling point and add butter. Add this to first mixture and bake in 350° oven for 30 minutes. Top cake with:

5 tablespoons brown sugar
3 tablespoons butter
2 tablespoons cream
½ cup coconut

Let this mixture boil for 2 minutes. Spread on top of cake and put back in oven to brown.

—Lilian Breckman

CHEESE CAKE

1 pkg. Co-op cream cheese (1 lb.)
¾ cup white sugar
1 teaspoon vanilla
2 egg yolks and whites (beaten separately)
1 jar maraschino cherries
36 graham wafers (crushed fine)
3 tablespoons flour
3 tablespoons brown sugar
3 tablespoons water
4 tablespoons melted butter
¼ teaspoon soda
pinch of salt

Mix last seven ingredients together. Cream cheese, sugar and egg yolks. Fold in beaten white and cut cherries (a little cherry juice or red vegetable coloring may be added to give the mixture a delicate pink color). Add vanilla. Pat half of the graham wafer mixture into a pan (firmly). Cover this with the cheese mixture and finally the remainder of the graham wafer mixture, added lightly. Bake at 300-325° twenty-five to thirty minutes.

—Doris Johnson

CHEESE CAKE

1 lb. Co-op cheese (or Perfection)
¾ cup sugar (scant)
3 eggs, well beaten
½ cup nuts and/or cherries
1 small box graham wafers, finely crushed
8 tablespoons butter

Crumb wafers and mix with butter and one beaten egg. Put half crumb mixture in cake tin and bake for five minutes. Add cheese mixture and remainder of crumbs. Bake ten minutes more 350°.

—Mrs. F. Halderson

CHERRY CAKE

1 cup butter
2 cups granulated sugar
1 cup sweet milk
3 cups flour
2 teaspoons baking powder
½ lb. almonds

1 lb. cherries
2 cups coconut
8 egg whites well beaten and added last

Bake 1½ hours in moderate oven.

—Mrs. A. G. Eggertson

CHERRY LOAF

1 cup white sugar
½ cup butter
1¾ cups bread flour
3 teaspoons baking powder
½ teaspoon salt
½ teaspoon vanilla
½ cup milk
3 egg whites
½ cup glazed cherries

Mix in approved fashion, creaming butter very thoroughly, add flour and milk alternately and beaten egg whites last. Bake in moderate oven ¾ to 1 hour.

Icing:
1 cup brown sugar
1 cup white sugar
2/3 cup milk

Boil to soft ball stage; let cool and then beat, adding enough cream to make it very soft.

—Mrs. R. R. Goodwin

CHERRY SLICE

½ cup melted butter
1 cup flour

Press into 9 x 9-in. pan and bake in 350° oven until light brown.
Beat 2 eggs

Add:
1 cup brown sugar
¼ cup flour
½ teaspoon baking powder
¼ teaspoon salt
½ cup coconut
½ cup walnuts
¾ cup cherries

Pour over first mixture. Bake 30 minutes in 300° oven. When cool ice with pink tinted butter icing.

—Anna Stefanson

DOUBLE BOILER CHOCOLATE CAKE

1 cup milk
2 tablespoons shortening
2 squares (2 oz.) bitter chocolate

Put the above mixture in top of double boiler and cook until it thickens like cream. Remove from stove and add 1 cup sugar. Cool, then add 1 well beaten egg. Finally:
1 cup sifted flour
1 teaspoon soda
½ teaspoon salt
vanilla

Bake in 8 x 8 in. pan twenty-five to thirty minutes 350°.

Icing:
1 cup icing sugar
1 tablespoon soft butter
2 sq. (2 ozs.) melted chocolate (bitter)
1 egg
¼ cup milk
vanilla
pinch of salt

Put all ingredients into bowl. Place bowl in larger bowl containing snow or chopped ice. Beat three to five minutes.

DEVIL'S FOOD CAKE

¾ cup butter or shortening (half may be margarine)
1⅞ cups brown sugar
3 eggs, well beaten
¾ cup boiling water
2¼ cups sifted cake flour
1½ teaspoons baking soda
¾ teaspoon baking powder
¾ teaspoon salt
¾ cup sour milk
1½ teaspoons vanilla
3 ozs. (3 squares) bitter chocolate

Cream shortening thoroughly; add sugar and cream until light and fluffy. Add beaten eggs and beat well. Meanwhile pour the boiling water over chocolate; stir over low heat until thick and smooth. Cool and add to egg mixture. Blend thoroughly. Sift flour once, combine with dry ingredients and sift 3 times. Then add

to chocolate mixture alternately with milk and vanilla combined. Beat well after each addition. Pour batter into greased pans (2) which have been lined with waxed paper. Bake in moderate oven (350°) until done—25 to 30 minutes. Then cool and spread with boiled frosting.

—Mrs. A. H. Gillies

CHOCOLATE CAKE

¼ cup butter
1 cup sugar
1½ cups flour
3 teaspoons baking powder
1 teaspoon salt
1 egg (unbeaten)
4 tablespoons cocoa
½ cup hot water
1 teaspoon vanilla
2/3 cup milk

Cream butter and sugar; add egg. Add alternately dry ingredients and milk; then add hot water and cocoa and then vanilla. Bake in moderate oven (350°) for 25 minutes.

—Laufey Thorgrimson

CHOCOLATE FUDGE CAKE

¼ cup shortening
2 squares unsweetened chocolate
½ cup water
1 cup sugar (granulated)
1 teaspoon vanilla
1 cup cake flour
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
1 egg
¼ cup sour milk

Melt shortening and grated chocolate in saucepan over low heat. Add water and sugar; stir until well blended. Remove from heat and cool to room temperature. Add vanilla.

To cooled chocolate mixture add unbeaten egg; beat thoroughly. Add sifted dry ingredients alternately with sour milk, stirring after each addition until well blended. Beat vigorously about one minute or until consistency of fudge. Bake in moderate oven (350°) thirty to thirty-five minutes. Pan 8 x 8 x 2 ins.

—Mrs. J. R. Storry

CHOCOLATE FUDGE SQUARES

¾ cup sifted flour
½ teaspoon baking powder
¼ teaspoon salt
1/3 cup shortening
2 squares chocolate
1 cup brown sugar
2 beaten eggs
1/3 cup chopped walnuts
1 teaspoon vanilla

Melt chocolate and shortening in bowl over hot water. In another bowl beat eggs thoroughly, adding sugar gradually and continue to beat vigorously. Combine the two mixtures. Add flour (folding it in), baking powder, nuts and vanilla. Bake in greased 8 x 8-in. pan in slow (275°) oven for 25 minutes.

Icing: Place in saucepan
1 tablespoon butter
4 tablespoons milk
1 square chocolate

Cook very slowly on low heat until chocolate melts and mixture curdles. Beat in 1½ cups icing sugar.

—Mrs. R. H. Craik

CHOCOLATE FUDGE CAKE

½ cup butter (melted)
1 cup brown sugar
1 egg
4 tablespoons cocoa
½ cup nuts (chopped)
½ cup flour
vanilla

Mix in order given and bake in oven about 400° F. Ice with chocolate icing while hot.

—Mrs. L. T. Simmons

CHOCOLATE CHIP CAKE

1/3 cup butter
¼ cup white sugar
¼ cup brown sugar
2 egg yolks
vanilla

1 teaspoon baking powder
¾ cup flour
salt

Mix together and bake in moderate oven ten minutes. Top with:
1/3 cup chocolate chips
2 egg whites (beaten stiff)
¾ cup brown sugar
1 cup coconut

Mix together and put on top of cake. Bake 30 minutes in 350° oven. Cover with plain white icing.

—Mrs. S. J. Perkins

CHIP CHOCOLATE CAKE

½ cup butter
1½ cups sugar
3 egg whites
1 cup milk
1½ teaspoons vanilla
½ cup unsweetened chocolate (3 sqs. chipped)
2¼ cups Swansdown cake flour
3 teaspoons baking powder
½ teaspoon salt

Cream butter, add 1 cup sugar. Sift dry ingredients and add alternately with the milk. Add about two-thirds of the chocolate (the rest is used for the icing) and vanilla. Beat the egg whites and add remaining half cup sugar. Fold into batter. Bake in large pan.

Icing:
½ cup butter
1½ cups icing sugar
3 egg yolks

Stir together well. Spread on cake and dot with chip chocolate (left over from cake).

—Mary Macdonald

CHOCOLATE ROLL

5 eggs
2 tablespoons cocoa
1 tablespoon flour
¾ cup powdered sugar

Separate eggs and beat whites until stiff. Sift cocoa, flour and sugar together; combine with egg yolks. Fold in egg whites. Grease a jelly roll pan and spread this batter. Bake 15 to 20 minutes in a moderate oven. Remove on to powdered wax paper. Cool. Spread with ½ pint of whipped cream (add small amount of sugar to cream). Roll like jelly roll, place in refrigerator. Serve with hot chocolate sauce.

Sauce:
2 cups powdered sugar
4 tablespoons cocoa
8 tablespoons cream
½ teaspoon vanilla

—Louise Freemanson Fenton

CINNAMON TORTE

6 tablespoons milk
1 cup flour
1 teaspoon baking powder
½ cup butter
½ cup sugar
4 egg yolks beaten

Filling:
juice and rind of 1 lemon
1 tablespoon flour (large)
1 tablespoon butter
1 egg
1 cup sugar
1 cup hot water

Topping:
1 cup sugar
1 cup chopped nuts
4 egg whites
½ teaspoon cinnamon

Cream butter and sugar, add beaten egg yolks and milk, then flour and baking powder sifted together. Bake in greased pan. Cook filling and put on baked cake. Beat whites gradually add sugar, put over cake and sprinkle with nuts and cinnamon. Bake in slow oven until brown.

—Mrs. M. J. Matthiasson

CRUMB CAKE

½ cup butter
2 cups flour
2 teaspoons baking powder
¼ teaspoon salt
2 cups brown sugar
2 eggs well beaten
2/3 cup sweet milk
1 teaspoon vanilla

Mix first four ingredients as for pie crust, add sugar and mix thoroughly. Put aside a good half cupful of this mixture. To the remainder add milk, eggs and vanilla. Bake in shallow pan in moderate oven, sprinkling the half cupful of mixture over the top before baking.

—Mrs. Kr. Sigurdson

DATE WALNUT CAKE

1 cup walnuts
1 lb. pitted dates
1½ cups brown sugar
¾ cup butter

Pour 1 cup boiling water over this mixture. Cool. Then add:

2 well beaten eggs
1 cup flour
1 teaspoon soda

Bake one hour in slow oven in angel cake tins.

—Ingibjorg Bjarnason

DATE TORTE

3 eggs
1 cup sugar
1 cup flour
¼ teaspoon salt
1 teaspoon baking powder
1 cup chopped dates
1 cup chopped nuts

Beat eggs, add sugar. Sift flour, salt, baking powder. Combine. Add dates and nuts. Bake 40 minutes at 325° in a shallow greased pan. Turn out at once and cut in squares. May be served with whipped cream for dessert or dusted with powdered sugar for afternoon tea.

—Lillian Eyolfson

DATE AND ORANGE CAKE

½ cup shortening
1 cup brown sugar
1 egg
juice and rind of one orange
1 cup dates, chopped
¼ cup hot water
1½ cups flour
1 teaspoon soda dissolved in
2 teaspoons hot water
1 teaspoon baking powder
¼ teaspoon salt
½ cup sour milk

Pour hot water over chopped dates and let stand a few minutes. Cream shortening and sugar. Add beaten egg, dates, juice and rind of orange and soda to creamed shortening and sugar. Sift flour with baking powder and salt and add alternately with sour milk to creamed mixture. Bake in a moderate oven 325° for 35 minutes.

—Mrs. A. M. McNicholl

DATE CAKE

butter, size of a large egg
½ cup white sugar
2 egg yolks
½ cup milk
1½ cups flour
1½ teaspoons baking powder

Cream butter and sugar, add egg yolks. Sift flour and baking powder together, add alternately with the milk. Spread batter in greased oblong cake pan.

Topping:

½ lb. chopped dates
½ cup walnuts

Sprinkle over batter. Then spread over topping 2 egg whites, beaten stiff with 1¼ cups of sugar. Bake in moderate oven 350° about 30 minutes.

—Mrs. Glen Eyford

EAGLE BRAND CAKE

1 can Bordens sweetened milk
¼ teaspoon salt
¼ teaspoon almond flavoring
1½ cups coconut
1½ cups chopped dates
½ cup chopped glazed cherries
½ cup chopped walnuts

Mix all ingredients together and bake in pan about 25 minutes in 350° oven.

—Mrs. J. R. Johnston

DREAM CAKE

1 cup flour
½ cup butter
1 tablespoon fine sugar

Rub together and put into an 8-inch pan. Cook in a slow oven until a very light brown.

1 cup chopped walnuts
1 cup coconut
½ cup brown sugar
2 tablespoons flour
½ teaspoon baking powder
½ teaspoon vanilla
2 eggs

Beat together until well mixed. Cover first part and put back in oven and cook for thirty minutes. Ice with a thin butter icing.

—Mrs. A. Spafford

DUTCH CAKE

1 cup sugar
2 eggs (save 1 yolk)
½ cup shortening
¾ cup milk (sour or sweet)
3 tablespoons molasses
1 teaspoon soda
½ teaspoon cloves
1¾ cups flour

Cream sugar and shortening. Add eggs, then add molasses. Sift flour, soda and cloves. Add alternately with sour milk. Bake in layer cake tins in 350° oven for twenty-five minutes.

Filling:

butter, size of egg
¾ cup sugar
1 egg yolk (that was saved)
¾ cup milk
1 teaspoon vanilla
1 tablespoon flour mixed in milk
1 cup raisins

Cook until thick. Put half in between the layers and half on top.

—Mrs. S. G. Perkins

EASTER CAKE

1st Mixture:

¼ lb. butter
½ cup fine granulated sugar
4 egg yolks
¾ cup sifted flour
¼ cup milk
1 teaspoon baking powder
½ teaspoon lemon flavoring

Cream butter and sugar until light and fluffy. Add beaten egg yolks and beat well together. Sift flour before measuring and sift three times more with baking powder. Add alternately with milk. Add flavoring. Pour into an oblong pan lined with wax paper. (7 x 11 and 2½ ins. deep.)

2nd Mixture:

4 egg whites
¾ cup granulated sugar
½ cup sifted flour
½ teaspoon cream of tartar
⅛ teaspoon salt
½ teaspoon vanilla

Beat egg whites until they stand in soft peaks. Add sugar 1 or 2 tablespoons at a time and cut and fold until all is added and lightly mixed. Sift flour before measuring and three more times with cream of tartar and salt. Sprinkle a little over egg whites and fold in gently; continue until all the flour is added. Spread this part carefully over first mixture and sprinkle with a few crushed walnuts.

Bake in a slow oven 325° until cake is done, about 35 minutes or longer.

—Lilian Breckman

FIVE MINUTE CAKE

1¼ cups sifted cake flour
¾ cup granulated sugar
¼ cup Crisco
½ teaspoon salt
1/3 cup milk
2½ teaspoons baking powder
1 egg, unbeaten
¼ cup milk
½ teaspoon vanilla
¼ teaspoon lemon extract
¼ teaspoon almond extract

Sift flour, measure; sift twice more. Put in mixing bowl. Add sugar, shortening, salt and 1/3 cup of milk. Measure baking powder and place in small cup. In another bowl put egg, ¼ cup of milk and flavorings. Stir

contents of first bowl vigorously for two minutes. Sprinkle baking powder over batter and stir just until blended in. Add contents of second bowl. Stir just to break egg yolk then blend for 2 minutes. Bake in 2 layer cake pans (8 inch) or 8 x 8 x 2 pan in 350° oven, 35-40 minutes for square cake—20-25 minutes for layer cake.

—Mrs. L. A. Melsted

FRUIT BARS

Rub together:
1 cup flour
1 teaspoon baking powder
½ cup butter
Then add:
1 beaten egg
1 tablespoon milk
⅛ teaspoon salt

Spread this mixture in greased 9 x 9-in. pan. Spread with your favorite jam.

Next mix:
¾ cup white sugar
1 beaten egg
1 tablespoon butter
2 cups shredded sweet coconut

Pour over first mixture and bake in 325° oven 25 to 30 minutes.

—Mrs. Fred Johnson

GONE WITH THE WIND CAKE

3 egg yolks
2/3 cups cold water

Beat well for four minutes. Add:
1¼ cups granulated sugar

Beat one minute.
1½ cups cake flour
1 teaspoon baking powder

Add to first mixture.
1 teaspoon vanilla

Add stiffened egg whites. Bake for one hour in 300° oven.

—Mrs. G. Burgess

GRAHAM WAFER CAKE

2 cups Graham wafers
2 tablespoons flour
1 cup granulated sugar
1½ teaspoons baking powder
pinch of salt
1 cup coconut
2 tablespoons softened margarine
1 egg
1 cup milk

Crumble Graham wafers. Mix dry ingredients and add butter or margarine. Add beaten egg with milk added. Cook half hour 350° F. Ice. (Caramel icing is good.)

—Shirley McCreedy

GUM DROP CAKE

½ cup shortening
½ cup sugar
2 eggs
1 cup milk
1 lb. sultanas
½ lb. gum drops
2 cups flour
1 teaspoon baking powder
flavoring

Bake one hour and fifteen minutes in oven at 325°.

—Margaret Stevenson

GUM DROP CAKE

1 cup butter
1 cup white sugar
3½ cups flour
1 lb. raisins
1½ lbs. gum drops
1 cup sour apple sauce
1 teaspoon salt
2 eggs
1 teaspoon baking soda
1 teaspoon mace

Cut gum drops and mix with raisins and one half cup of flour. Cream butter and sugar; add well beaten eggs, then apple sauce. Beat well. Add 3 cups flour, sifted with baking soda and mace. Bake 2½ hours—275°.

—Elvera Eliasson

GUM DROP CAKE

½ cup butter
1 cup white sugar
2 eggs
½ teaspoon salt
1½ teaspoons baking powder
1 cup milk

1 teaspoon cinnamon
1 teaspoon nutmeg
2 cups flour
1 lb. sultana or Australian raisins
1 lb. chopped gum drops

Mix well. Bake in 300° oven for 1½ hours. Makes two loaf pans. Ice with butter icing.

—Mrs. J. Spurway, Dauphin, Man.

HEALTH CAKE

4 cups corn flakes
1 pk. rice crispies
1 cup peanuts or more
Make syrup of:
1 cup white sugar
½ cup corn syrup
½ cup top milk

Boil to form a soft ball in cold water. Pour in the dry ingredients. Mix, then put in buttered pan and keep in a cool place.

—Mrs. Jon F. Bjarnason

ICE BOX CAKE

12 lady fingers
8 ozs. semi-sweet chocolate
4 tablespoons boiling water
4 eggs
4 tablespoons sugar

Split lady fingers in half lengthwise and line in bread baking dish, saving four or five lady fingers for top. Melt chocolate in double boiler; add boiling water and let cool. Beat egg yolks, add sugar, chocolate and fold in stiffly beaten egg whites. Spoon this mixture over the lady fingers. Chill over night in refrigerator and serve with whipped cream. Serves four or five.

—Lillian Eyolfson

INDIAN SUMMER CAKE

Sift flour once before measuring.
Measure into sifter:
2 cups cake flour
1½ teaspoons baking powder
½ teaspoon soda
1 teaspoon salt
Measure into mixing bowl:
½ cup shortening

Measure into cup: Milk (with butter, margarine or lard, use ¾ cup of milk. With vegetable or any other shortening use ⅞ cup milk)
1½ teaspoons vanilla
Have ready:
2 eggs, unbeaten
1½ cups brown sugar, firmly packed

(Electric mixer—low speed). Stir shortening just to soften. Sift in dry ingredients. Add brown sugar, which has been put through sieve to remove lumps. Add ¾ cup of the milk and mix until all flour is dampened; then beat 2 mins. Add eggs and remaining milk and beat 1 min. longer. (Count only actual beating time or count beating strokes. Allow about 150 full strokes per minute. Scrape bowl and spoon often.)

Bake in moderate oven 375°, 20 to 25 minutes. Use layer cake tins, 8-in. size.

—Steinunn Bjarnason

JELLY ROLL

3 eggs
1 cup sugar
2 tablespoons cream
2 tablespoons cold water
1 cup flour
2 teaspoons baking powder
1 teaspoon vanilla

Beat eggs until creamy. Add sugar, vanilla, cream, cold water and beat well, then add flour and baking powder, beat well. Put in a large pan or jelly roll pan and bake for 12-15 minutes in 375° oven. When finished, take out of pan and put on a dampened tea towel. Spread with jam, roll and wrap in wax paper until cool.

—Mrs. G. Burgess

LEMON CRUMBLES

1¾ cups cracker crumbs
1½ cups desiccated coconut
¾ cup flour
½ cup white sugar
pinch of salt
¾ cup butter
2 teaspoons baking powder

Sift flour and baking powder; rub in butter; add cracker crumbs, sugar and coconut. Spread half of mixture on greased pan; add lemon filling, spread remaining mixture on top. Bake in moderate oven.

Lemon filling:
1 egg
1 cup water
1 cup sugar
1 lemon (grated rind and juice)
1 tablespoon flour

Mix sugar and flour together; stir in water; add beaten egg gradually. Cook, stirring constantly until thick. Remove from fire. Add lemon juice and rind. Cool before using.

—Mrs. H. Clark

LEMON QUEENS

½ cup butter
1 cup sugar
4 eggs
grated rind of one lemon
2 tablespoons lemon juice
1¼ cups flour
1 teaspoon soda

Cream the butter, gradually beat in the sugar, the egg yolks beaten lightly, lemon rind and juice; add the flour sifted with the soda, the egg whites beaten lightly; beat very thoroughly. Bake in sixteen small tins in a moderate oven, 350° F. Cover the top with boiled frosting.

—Gudrun Melsted

LEMON SLICE

Shortbread base:
½ cup butter
1 cup flour
2 tablespoons sugar

Cream butter well and add the sugar, creaming all the time. Fold in the flour. Line a 8 x 8-in. cake pan and bake at 350°, for 10 to 15 minutes till a golden brown.

Lemon filling:
3 tablespoons cornstarch
¾ cup sugar
1 cup water
2 eggs
4 tablespoons lemon juice
1 teaspoon butter

Cook first three ingredients and pour this hot mixture on beaten egg yolks, cooking for a few minutes over boiling water. Add other ingredients and pour the filling over the cake.

Make a meringue of whites of eggs and four tablespoons of icing sugar. Pile lightly on top of the filling. Sprinkle with shredded coconut and bake 30 minutes in moderate oven (350°).

—Mrs. O. Halderson

MAHOGANY CAKE

1½ cups sugar
½ cup butter
3 eggs
1 teaspoon soda
½ cup sweet milk
½ cup strong coffee
½ cup cocoa
2 cups flour
vanilla

Cream butter and sugar well together. Beat eggs separately. Dissolve the soda in sweet milk. Pour the hot coffee over the cocoa and let cool before adding to cake. Measure flour before sifting. Bake in either loaf or layer tins in moderate oven 25 to 30 minutes.

—Jona Matthiasson

MATRIMONIAL CAKE

2 cups flour
3 cups rolled oats
1 cup butter
1 large cup brown sugar
1 teaspoon baking powder

Mix sugar and butter; add flour, rolled oats and baking powder. Mix with hands into crumbs. Put half into a long flat cake tin and pat down, then put in date filling and then rest of crumbs and pat down. Bake about ½ hour in medium oven.

Date filling:
1 lb. pkge. dates
1 cup sugar

1 cup water
1 teaspoon vanilla

Cook until dates are well broken up and begin to thicken.

—Mrs. H. Halderson

PARTY NUT CAKE

½ cup butter (or shortening)
1 cup sugar
3 teaspoons baking powder
1 teaspoon salt
½ cup milk
1 teaspoon vanilla
2 eggs (small ones)
1 cup chopped nuts

Put butter in bowl. Sift in flour, sugar, baking powder and salt. Add milk and vanilla. Beat 2 minutes (med. speed). Add unbeaten eggs and nut meats. Beat another 2 minutes.

Pan: 10½ x 5½ x 3 loaf pan
Oven: 350° F., 40 minutes

—Mariann Abbott

NUT CAKE

1½ cups sugar
¾ cup butter
1 cup milk
2 teaspoons baking powder
2½ cups flour
1 cup ground walnuts
1 teaspoon vanilla
4 egg whites

Cream sugar and butter. Add milk, dry ingredients, nuts and vanilla. Mix thoroughly. Lastly fold in well beaten egg whites. Bake 45 minutes in 300° oven in 10x10-in. pan or 2 layers.

—Mrs. J. A. Hanson

ORANGE BLOSSOM CAKE

2 cups sifted cake flour
1½ cups sugar
½ cup Crisco
1 teaspoon salt
2/3 cup orange juice

Blend by hand or mixer for 2 minutes. Stir in:

3 teaspoons double action baking powder or 4½ teaspoons single action

Add:
1/3 cup water
2 eggs
2 teaspoons orange rind

Blend for 2 minutes more. Bake in two 9-in. layer pans at 375° for 25-30 minutes.

—Mrs. L. A. Melsted

ORANGE CHIFFON CAKE

Sift together into a fairly large bowl:
2¼ cups once sifted cake flour
1½ cups fine sugar
3 teaspoons baking powder
1 teaspoon salt

Make a well and then add in order:
½ cup Mazola Oil
5 unbeaten egg yolks
grated rind of two oranges
juice of 2 oranges plus water to make ¾ cup

Beat with spoon till smooth. Measure into a very large bowl:
1 cup egg whites (7-8)
Sprinkle with:
½ teaspoon cream of tartar

Beat till very stiff peaks form—much stiffer than for angelfood. Do not underbeat. Gradually add egg yolk mixture and fold in gently after each addition. Turn into ungreased angelcake tin (10 ins. wide and 4 ins. deep). Cut through batter with knife to break bubbles. Bake at 325° for 1¼ hours. To cool place pan upside down on 3 tumblers and leave till cold. Loosen with knife and shake carefully from pan.

If 2 smaller tube pans are used or the recipe divided in half, bake at 325° about 1 hour. Delicious with ice cream or whipped cream.

—Mrs. P. J. Finnbogason

ORANGE LAYER CAKE

½ cup butter or shortening
1 cup sugar
2 eggs, unbeaten
½ cup orange juice
1½ cups cake flour
1½ teaspoons baking powder

1 teaspoon grated orange rind
¼ teaspoon salt

Cream butter and sugar together; add eggs one at a time, beating thoroughly after each. Add orange rind. Sift flour, baking powder, salt. Add alternately with orange juice to creamed mixture. Bake in layers in moderate oven, 20-25 minutes.

—Mrs. W. M. Williamson

ORANGE SPONGE CAKE

⅛ teaspoon salt
¾ cup sugar
1¼ teaspoons baking powder
¾ cup pastry flour
2 tablespoons orange juice
2½ tablespoons grated orange rind
3 eggs

Sift flour once and measure. Sift together with baking powder and salt three times. Beat egg yolks until light; gradually beat in half the sugar. Beat egg whites and gradually beat in remainder of sugar. Add sifted dry ingredients to egg yolk mixture with grated rind and juice. Combine with egg white mixture; mix together thoroughly. Turn into 8 x 8-in. pan. Bake at 325° about 30 minutes. Invert on cake rack to cool.

—Mrs. L. Dyer

PINEAPPLE ICE BOX CAKE

2½ cups vanilla wafer crumbs
1 cup butter
1½ cups sifted icing sugar
2 eggs
1 can crushed pineapple
½ pt. whipping cream

Roll very fine enough vanilla wafers to make 2½ cups of crumbs. Reserve ¼ cup crumbs and to remainder add ½ cup melted butter. Combine well and press into well greased pan 8 x 8 ins. Bake in 225° oven 15 minutes. Cool. Then cream ½ cup soft butter, gradually blend in the sifted icing sugar. Add 2 unbeaten eggs and beat until light. Spread evenly over baked vanilla wafers. Drain can of crushed pineapple thoroughly and fold into whipped cream. Spread evenly over icing sugar mixture. Sprinkle the ¼ cup crushed vanilla wafers over top. Chill in refrigerator for several hours. Cut in squares to serve.

—Mrs. R. H. Craik

PINEAPPLE MERINGUE CAKE

½ cup butter
½ cup sugar
4 egg yolks
½ cup cake flour
1 tablespoon milk
1 teaspoon baking powder
2 tablespoons cake flour
salt

Cream butter and sugar; separate eggs, add yolks, well beaten. Mix thoroughly and add cake flour which has been sifted before measuring, alternately with milk. Sift the two tablespoons flour with baking powder and salt; add last, mixing thoroughly. Pour into two-in. layer cake pans and add:

Meringue Topping:
4 egg whites
¾ cup sugar
1 teaspoon vanilla
¾ cup nut meats

Beat egg whites to stiff froth; add light sifting of sugar, continuing to add sugar until all is used. Meringue should hold a point when beater is drawn out of it. Add vanilla and spread on the unbaked layers; sprinkle the chopped nuts on top of meringue. Bake for 20 to 25 minutes at 325-350°. Allow to cool and remove from pans and fill with:

Pineapple Filling:
1 cup whipping cream
1½ teaspoons powdered sugar
1 cup crushed pineapple (drained)
¼ teaspoon vanilla

Place on layers, meringue side down on cake plate. Whip cream, add powdered sugar, pineapple and vanilla. Spread filling on first layer. Place other layer on top of filling meringue side up. *—Mrs. Richard Surrey*

PINEAPPLE SQUARES

2 tablespoons butter
2 eggs
1 cup flour
1 teaspoon baking powder
salt

Mix well and pat into pan. Take small tin pineapple, drain and pour over mixture. Mix well:

2 cups coconut
1 cup sugar
2 eggs
1 tablespoon butter

Put in pan over pineapple. Bake in moderate oven for about 20 minutes.

—Mrs. L. D. Jensen,
Canoe, B.C.

PINEAPPLE SQUARES

1 tablespoon butter
2 tablespoons sugar
2 egg yolks and 1 whole egg
1 cup flour
1 teaspoon baking powder
¼ teaspoon salt

Mix above together and roll out or pat to line a medium sized cake pan. Drain well a small tin of crushed pineapple and spread over mixture in pan. Cover with the following:

2 egg whites, well beaten
1 cup white sugar
1½ cups shredded coconut
1 tablespoon melted butter

Bake at 325-350°, 20 to 30 minutes.

—Doris Johnson

PINEAPPLE UPSIDE-DOWN CAKE

Butter a round pan 8 ins. in diameter and 3 ins. deep. In it melt 1 cup brown sugar and 2 tablespoons of butter. On the sugar, after melting, lay as many slices of drained canned pineapple as pan will hold. Pour over fruit a batter of:

½ cup butter
¾ cup granulated sugar
2 well beaten eggs
¾ cup milk
½ teaspoon salt
½ teaspoon flavoring
2 cups flour
2 teaspoons baking powder

Mix as any butter cake. Bake at 375° for 45 minutes or till done. Turn at once on a large round plate. Serve with whipped cream or plain.

—Mrs. O. G. Gislason,
Hayland, Man.

PLAIN CAKE

½ cup butter
1 cup white sugar
½ cup milk
2 eggs
2 teaspoons baking powder
1½ cups flour
flavoring

Beat butter and sugar until soft. Add eggs; beat again. Then add sifted flour and baking powder, vanilla and milk. Bake in moderate oven.

For layer cake:

¾ cup butter
1½ cups sugar
¾ cup milk
2¼ cups flour
3 eggs
3 teaspoons baking powder
1½ teaspoons flavoring

—Mrs. Jon F. Bjarnason

POPPY SEED CAKE

½ lb. poppy seeds
½ cup butter
1 cup sugar
6 eggs (separated)
2 tablespoons baking powder
1 cup bread crumbs
½ teaspoon salt
1 teaspoon vanilla
nuts and cherries as desired

Pour boiling water over poppy seeds. Let soak about 15 minutes. Drain. Put seeds through food chopper.

Combine salt, bread crumbs and baking powder. Cream butter and sugar; add well beaten egg yolks, combining thoroughly; then add poppy seeds, combine well. Add bread crumb mixture and then nuts,

cherries and vanilla. Beat egg whites stiff and fold into cake mixture, blending thoroughly. Bake in loaf pan 350-375° about 30-45 minutes.

—Elsie Tymchak

RAISIN CAKE

1 pkge. raisins
1 cup butter (scant)
2 cups brown sugar
2 cups boiling water
2 teaspoons soda
2½ cups bread flour
1 teaspoon cinnamon (scant)
¼ teaspoon cloves and nutmeg mixed

Boil raisins, butter, sugar and water for three minutes. Place in mixing bowl and cool. Take 2 teaspoons of above hot mixture and in it dissolve soda. Pour into mixture flour, cinnamon, cloves and nutmeg. Stir and beat well. Bake in slow oven for one hour or more. Place brown paper on top when cake is half cooked.

—Mrs. Adelaide Webb

RASPBERRY SLICE

1 cup flour
½ cup butter
1 egg
1 tablespoon milk

Pack in square pan and partly bake. Spread on a layer of raspberry jam.

Mix:
1 cup white sugar
2 cups coconut
1 egg
1 tablespoon butter

Spread over jam and bake in moderate oven 20 minutes.

—Mrs. J. Stevenson

RUM CAKE

1 lb. dates cut in small pieces
1 cup chopped walnuts
1½ cups brown sugar
¾ cup butter
1 cup boiling water
1 teaspoon soda
2 eggs
1 cup flour
little rum flavoring

Blend butter and sugar and mix in dates and nuts. Over all pour boiling water in which soda has been dissolved. Then add eggs, well beaten, and flour; then a little rum flavoring. Bake in a slow oven for about an hour.

Icing:
¼ lb. butter
2 cups icing sugar
3 tablespoons rum flavoring

Cream well and thin with a little cream. Add rum flavoring.

—Norma Watson

REFRIGERATOR CAKE

2 cups finely ground Graham wafers or cookie crumbs
1 cup coconut

Combine and melt:
¼ cup butter
2 teaspoons cocoa
½ cup brown sugar
1 egg
vanilla
½ cup finely chopped dates or nuts (if desired)

Mix with dry ingredients. Pat in pan and store in refrigerator until set. Can be served as is or with butter icing.

—Mrs. R. B. Vopni

SECRETS

1¼ cups flour
½ cup butter or margarine
1 tablespoon white sugar
pinch of salt

Mix and press into 9 x 9 pan. Spread a layer of jam over it. Mix:
2 eggs, well beaten
1½ cups icing sugar
1½ cups walnut pieces
1 teaspoon vanilla

Spread over first mixture and bake for 20 minutes in moderate oven, 375°.

—Solveig McNeil
Windsor, Ont.

SAND CAKE

1 cup butter
1 cup sugar
5 eggs
1 cup flour
1 cup potato flour
½ teaspoon vanilla

Cream butter until it is like froth; mix sugar in a little at a time. Beat in yolks of eggs one at a time; then add flour and lastly egg whites, well beaten, and vanilla. Bake in slow oven for nearly one hour.

—Mrs. Joh. K. Johnson

SPEEDY SPICE CAKE

½ cup shortening
2 tablespoons molasses
2¼ cups sifted cake flour
2½ teaspoons baking powder
¾ teaspoon salt
1½ cups sugar
½ teaspoon each cinnamon, cloves and allspice
2 eggs, unbeaten
1 cup milk
1 cup raisins

Mix shortening and molasses to soften. Sift all dry ingredients into shortening. Add eggs and half the milk. Mix until flour is dampened, then beat one minute by hand or electric mixer (low speed). Add remaining milk. Blend and beat 2 minutes. Scrape bowl and beater often. Bake in two 8-in. greased, floured layer pans in 350° oven about 30 minutes.

—Dorothea Desormeaux

SPONGE CAKE

4 eggs, separated
1 cup sugar (scant)
1 tablespoon lemon juice
¼ cup cold water
¾ cup flour
2 tablespoons cornstarch
2 teaspoons baking powder
pinch of salt

Add the cornstarch, baking powder and salt to the flour and sift several times. Use fruit sugar or sifted granulated sugar. Beat the egg whites until stiff and continue beating while adding half the sugar. Beat the yolks until thick and continue beating while adding the rest of the sugar. Add the liquids to the yolks. Combine the whites and yolks gently folding them together. Fold the dry ingredients into the egg mixture. Do not beat at any time after combining these. Pour into an ungreased cake tin. Bake in a moderately slow oven 325° F. for 40 - 50 minutes if baked in a loaf pan; 350° 30 - 40 minutes if baked in layer tins.

—Ruth Benson

SUNSHINE CAKE

1 cup white sugar
4 egg yolks
4 egg whites
1 teaspoon lemon juice
1 cup flour
1 teaspoon baking powder
⅜ cup cold water

Beat egg yolks well then gradually add rest of ingredients (except egg whites) beating the mixture continuously until all have been added. Fold in the beaten egg whites. Put in tube pan and cook in slow oven (250°) for ¾ to 1 hour.

—Mrs. J. G. Johannsson

TOMATO SOUP CAKE

2 tablespoons butter
1 cup white sugar
1 egg
1 can tomato soup
1 teaspoon soda
1 teaspoon baking powder
1½ cups cake flour
1 teaspoon cinnamon
½ teaspoon cloves
½ cup walnuts
1 cup raisins

Cream butter and sugar; add ½ can of soup, then raisins and nuts and mix. Mix soda and baking powder in flour and add gradually with the rest of the soup. Add well beaten

egg; then spices. Bake for one hour at 350°. Ice with fudge icing:

½ cup butter
½ cup cream
2 cups brown sugar
pinch cream of tartar
1 teaspoon vanilla

Cook until it forms a soft ball in water. Remove from heat and beat until it starts to set. Spread quickly on cake.

—Mrs. J. E. Facke

TOMATO SOUP CAKE

1 cup tomato soup
2 cups flour
1 cup sugar
½ cup shortening
2 teaspoons baking powder
1 teaspoon soda
1 teaspoon cinnamon
1 teaspoon cloves
¼ teaspoon salt
1 cup raisins or nuts

Add soda to the soup. Stir into creamed mixture of sugar and shortening. Add dry ingredients. Bake in layers in moderate oven for 35 to 45 minutes.

Cheese Icing:

¼ lb. cream cheese
2 cups icing sugar
1 teaspoon vanilla
milk

Cream cheese. Add icing sugar; then add vanilla and enough milk to make spreading consistency.

—Mrs. J. J. Thorvardson

TWO-TONE WALNUT CAKE

1¼ cups flour
¼ cup brown sugar
½ cup butter
1¼ cups brown sugar
1 egg
2 tablespoons flour
½ teaspoon baking powder
1 cup shredded coconut
1 cup chopped nuts
1 tablespoon milk

Sift 1¼ cups flour with ¼ cup brown sugar and rub butter into this. When the crumbs are well mixed press into shallow cake pan, lined with wax paper and bake in a moderate 375° oven for about 15 minutes until the cake is delicately browned.

Beat egg with 1¼ cups brown sugar until sugar is dissolved. Add the flour and baking powder with the milk; then fold in the coconut and chopped nuts. Pour this over the baked cake and place in a slow 325° oven until the meringue puffs up and is browned.

—Mrs. G. A. Stefansson

WALNUT SLICE

1 cup flour
½ cup butter

Crumble together, press into cake tin and bake in moderate oven until browned. Mix and spread over this:

1 cup walnuts
½ cup coconut
2 eggs
1 cup brown sugar
2 teaspoons flour
1 teaspoon baking powder
vanilla

Bake till brown. Use 9 inch by 9 inch tin. Cover with mocha icing.

—Mrs. August Polson

WACKY CAKE

First grease 8 inch by 8 inch pan. Sift into it:

1½ cups flour
1 cup white sugar
3 tablespoons cocoa
1 teaspoon baking powder
1 teaspoon soda
½ teaspoon salt

Make 3 depressions in dry ingredients and put:

1 teaspoon vanilla in first hole
1 tablespoon vinegar in second hole
5 tablespoons melted shortening in third hole

Pour over all 1 cup lukewarm water. Stir until mixed. Should be thin and smooth batter. Bake 30 minutes in 300° oven.

—Mrs. E. Richardson

YUM YUM CAKE

1½ cups boiling water
1 cup white sugar
½ cup shortening
1 cup raisins
2 sq. chocolate (bitter)
1 teaspoon cinnamon

Boil together for 5 minutes and cool. Add:
1 teaspoon soda in
1 tablespoon hot water
Add:
2 cups flour and
½ teaspoon salt sifted together, then
1 teaspoon vanilla

Blend well and pour in 8 x 10 inch pan. Bake in 350° oven for 40 - 45 minutes. Cover with chocolate icing.

—Laufey Lindal

VINARTERTA

½ cup butter
1¼ cups sugar
2 eggs
½ cup milk
pinch of salt
1 teaspoon vanilla
3 cups flour (or more if needed)
3 teaspoons baking powder

Cream butter; add sugar gradually and eggs one at a time. Add milk and vanilla. Sift dry ingredients and add to first mixture. Knead in enough flour to make a soft cookie dough. Divide into six equal parts and roll and cut with a 9 inch plate. Bake in a moderate oven 375° till golden brown.

Filling:
2 lbs. prunes
2 cups water

Boil till soft then cool and stone. Put prunes through meat grinder then add 2½ cups of sugar and 1 teaspoon cardamon seeds ground fine. Boil till sugar dissolves. Put in between layers.

—Laufey Thorgrimson

VINARTERTA

1½ cups fine granulated sugar
1 cup butter
3 eggs
½ cup sweet milk
1 teaspoon essence of almonds
1 teaspoon vanilla
3 teaspoons baking powder

Flour to stiffen as for cookie dough, being careful not to use too much flour. Roll thin and bake in layer cake tins in a rather quick oven.

Filling:
2 lbs. prunes
2 cups water
2½ cups granulated sugar
1 teaspoon cardamon seeds ground fine

Boil prunes in water until soft and prunes have absorbed almost all water. Cool and stone; run through a meat grinder. Add sugar and cardamom seed. Put on stove to heat through, being careful not to burn. Put between layers when they are cold.

—Mrs. A. Blondal

SMALL CHRISTMAS CAKE

1 lb. currants
1½ lbs. raisins
8 oz. shredded coconut
12 oz. jar maraschino cherries (1 cup cherries approx.)
½ lb. almonds
2½ cups flour
2 teaspoons baking powder
½ teaspoon soda
1 teaspoon salt
1 cup butter
¾ cup sugar
4 eggs
½ cup maple syrup
½ cup cherry juice
1 teaspoon vanilla

Wash currants and raisins well; allow to stand a few minutes in hot water, then drain and dry well between towels. Cut cherries in half, chop nuts coarsely. Mix fruit, nuts and coconut together.

Sift baking powder, soda and salt with flour. Cream butter well; cream in sugar. Add eggs one at a time, beating well after each addition. Con-

tinue beating until mixture is light and fluffy. Add maple syrup.

Now add sifted dry ingredients alternately with fruit juice, to which vanilla has been added. Add fruit mixture last, about 2 cups at a time. Stir until fruit is well distributed. Place cake in pan about 9 x 9 x 3½ inches lined with two thicknesses of well greased brown paper. Bake in slow oven—275°. It will take from 4 to 4¾ hours.

—Mrs. Grace Pollock

PINEAPPLE FRUIT CAKE

½ lb. butter
1 cup sugar
3 eggs
2¾ cups flour
1 heaping teaspoon baking powder
¼ lb. mixed peel or glazed fruit
½ lb. cherries
2 teaspoons vanilla
1 lb. sultana raisins
½ cup warm water
1 can crushed pineapple (drained)

Mix in usual way. Bake two hours in slow oven.

—Mrs. Olaf Hallson,
Lundar, Man.

WHITE FRUIT CAKE

Cream together:
2½ cups brown sugar
¾ lb. butter
Then drop in, one by one:
4 eggs and mix
Add:
½ teaspoon soda in
¾ cup sour cream
½ lb. fruit cake gems
½ can crushed pineapple
1 slice each red, green and yellow glazed pineapple cut in small pieces
2 lbs. bleached raisins
½ lb. red cherries
¼ lb. blanched almonds
3½ cups flour

Bake slowly 4 hours in 200-225° F. oven.

—Mrs. Grace McDonald

WHITE FRUIT CAKE

½ cup butter
1 cup white sugar
1 teaspoon baking powder
1¾ cups pastry flour
½ cup chopped blanched almonds
¾ cup shredded coconut
½ cup finely chopped citron peel
½ cup sultana raisins
½ teaspoon vanilla
½ teaspoon almond extract
5 egg whites beaten and added last

Mix as usual. Bake in slow oven about 1½ hours Test before removing from oven.

—Mrs. Oli Johnson

LIGHT INEXPENSIVE FRUIT CAKE

1½ cups butter or margarine
1 cup brown sugar
1 cup white sugar
1½ cups milk
6 eggs
4½ cups flour
2 lbs. sultanas
½ lb. mixed fruit
½ lb. cherries
2 teaspoons baking powder
1 teaspoon almond flavoring
½ teaspoon salt

Clean all fruit, wash and dry. Cream butter; add sugar; add eggs well beaten. Then add sifted flour salt and baking powder followed by the milk. Add fruit and mix thoroughly, then flavoring.

Line a cake pan with wax paper which has been greased. Cook in moderate oven 300° for three hours.

—Mrs. H. Halderson

LIGHT SULTANA CAKE

1 cup butter
1½ cups brown sugar
3 eggs
2½ cups flour
1 teaspoon baking powder
½ teaspoon salt
¾ cup milk
1 teaspoon vanilla

1 lb. sultanas
½ lb. chopped mixed peel
1 cup cherries
½ cup flour

Cream the butter thoroughly and gradually cream in the brown sugar. Add one egg at a time to the creamed mixture, beating until light and fluffy after each addition. Sift the 2½ cups of flour, add baking powder and salt and sift again. Add the sifted dry ingredients alternately with the milk, to which the vanilla has been added.

Mix the fruit with the ½ cup of flour and add to the cake batter, stirring until well blended.

Line cake pan with brown paper that has been well greased. Bake in moderately slow oven for 1½ to 2 hours.

—Mrs. H. Hornford,
Elfros, Sask.

DARK FRUIT CAKE

¾ lb. butter or margarine
¼ lb. domestic shortening
1 lb. brown sugar
9 eggs
5 cups flour
1 teaspoon salt
¾ cup molasses
1 teaspoon soda
1 teaspoon baking powder
½ cup milk
1 glass wine or fruit juice
1 cup flour for covering fruit
2 lbs. puffed raisins
3 lbs. sultanas
½ lb. dates
½ lb. almonds
¾ lb. cherries
1 lb. mixed glazed fruit
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon nutmeg

Cream butter; add sugar and eggs and then flour which has been sifted with soda, salt, baking powder and spices. Add milk, then wine or fruit juice and molasses. Blend well. Add fruit which has been mixed with 1 cup of flour. Cook in Christmas cake tins which have been lined with greased wax paper in moderate oven (300°) for 3 to 3½ hours.

—Mrs. H. Halderson

DARK FRUIT CAKE

1 lb. butter
1 lb. white sugar
9 eggs
2 squares unsweetened chocolate (melted)
1 cup grape jelly
3 cups all purpose flour
1 teaspoon soda
1 teaspoon salt
2 tablespoons cinnamon
1 tablespoon nutmeg
1 teaspoon cloves
1 teaspoon allspice
2 lbs. raisins
1 lb. glazed cherries
1 lb. mixed peel
1 lb. chopped blanched almonds
½ lb. chopped walnuts

Prepare all the fruit. Blanch and then cut almonds lengthwise into small strips. Walnuts are best coarsely broken. Wash and dry raisins between towels. Check the mixed peel and cut any big pieces. Cut the cherries in half or leave whole if desired. Mix together all the fruit and nuts and dredge with 1 cup of flour.

Cream butter and sugar until fluffy. Add eggs unbeaten one at a time, beating mixture after each addition. Add the melted chocolate and mix well, then the grape jelly.

Sift the remaining two cups of flour with the soda, salt and spices and gradually blend into creamed mixture. Gradually add in floured fruit and nut mixture, stirring until well blended.

Line fruit cake tins with well

greased heavy brown paper. Bake in a slow oven not exceeding 200° F.

(a) Small cake —4¼ hours
(b) Medium cake—4½ hours
(c) Large cake —5 hours

When cakes are finished remove from pans but leave brown paper on. When thoroughly cooled wrap in several thicknesses of wax paper. Then store in a tightly covered tin in a cool place.

—Mrs. G. Eliasson

ICINGS and FROSTINGS

ALMOND ICING

1 lb. almond paste
1 lb. powdered sugar
few drops almond extract
whites of 2 eggs
yolk of 1 egg

Put almond paste into bowl with sugar; slightly beat egg whites and yolk. Add flavoring then mix all ingredients together. Knead thoroughly like bread dough and when of proper consistency spread a thick coating over cake. Allow to dry and cover with desired icing.

—Mrs. Salome Backman

BOILED FROSTING

2 cups sugar
1 cup water
pinch of salt
1 teaspoon vinegar
2 egg whites
¾ teaspoon vanilla extract

Stir sugar, water, salt and vinegar in saucepan over medium heat until clear. Don't be tempted to stir any more if you aim for a smooth, shiny, unsugary frosting. Cook sugar syrup over medium heat until you can see a long thin thread when syrup is dropped from tip of spoon. While syrup cooks, beat egg whites stiff enough to form peaks. Add syrup in thin stream, beating constantly. If you work alone, beat in small quantities at a time. Continue beating until frosting keeps its shape. Add vanilla. Frost between layers, around sides, then the top.

—Valdine Scrymgeour

CARAMEL FROSTING

½ cup butter
1 cup brown sugar, firmly packed
¼ cup milk
2 cups sifted confectioners' sugar

Melt butter in saucepan; add brown sugar and cook until blended and slightly thickened, stirring constantly. Cool slightly. Add milk and beat until smooth. Then add sifted confectioners' sugar gradually until of right consistency to spread. This will cover the top and sides of a large layer cake.

—Mrs. J. R. Storry

CHOCOLATE CREAM FROSTING

1 cup brown sugar
3 tablespoons butter
powdered sugar
1 cup chopped nuts
½ cup water
½ teaspoon salt
3 squares chocolate

Mix brown sugar, chocolate, butter and water. Bring to boiling point and boil 3 minutes. Remove from heat and cool slightly. Add enough powdered sifted sugar to spread; add nuts and vanilla. Spread between layers and on top of cake.

—Mrs. J. G. Johnson

CREAMY CHOCOLATE ICING

2 sq. chocolate (2 ounces)
2 tablespoons butter
¼ cup milk
1 whole egg (unbeaten)
1 cup icing sugar

Melt chocolate and butter together, then add sugar, milk and egg. Set bowl in ice water and beat 5 minutes with rotary beater. (If electric beater is used just beat until stiff).

—Mrs. A. Clarke

NEVER FAIL CHOCOLATE ICING

1 cup sugar
1½ sqs. chocolate cut fine
1½ tablespoons butter
¼ cup milk

Stir all ingredients together. Place directly over element and bring to a rolling boil for an instant. Remove from stove immediately. Add 1 teaspoon vanilla and beat until consistency desired for spreading on cake.

—Mrs. V. J. Eylands

ITALIAN ICING

1½ cups fine fruit sugar
1 teaspoon corn syrup
2/3 cup boiling water
2 egg whites, beaten stiff
½ teaspoon vanilla

Heat sugar, water and syrup in saucepan, stirring until sugar is dissolved. Boil slowly without stirring until it spins a thread. Pour slowly over beaten egg whites, beating constantly until cool.

—Mrs. J. B. Johnson

MOCHA ICING

4 tablespoons butter
1 egg white (unbeaten)
2 to 2½ cups confectioners' sugar
¼ teaspoon cinnamon
3 tablespoons strong cold coffee

Stir the butter until creamy; add the unbeaten egg white and 1 cup of sugar. Stir in the cinnamon and add the remaining sugar alternately with the cold coffee. The icing should have a fluffy texture and be spread on cake to give a heaped uneven appearance.

—Miss E. McKenzie

SEVEN MINUTE FROSTING WITH MARSHMALLOWS

1 egg white
3 tablespoons cold water
⅞ cup white sugar
1 teaspoon flavoring
8 marshmallows

Place sugar and water in double boiler and heat until sugar is dissolved, then add unbeaten egg white and beat for seven minutes; add flavoring. Remove from heat and beat longer if necessary. (It should be of consistency to mold). Add marshmallows, cut fine, to seven minute frosting and beat until marshmallows are melted.

—Christine Doll,
Hecla, Man.

CHOCOLATE ICING

2½ sqs. unsweetened chocolate
1 can sweetened condensed milk

Melt chocolate in double boiler; add condensed milk and stir for 3 minutes. Remove from fire and add 1 tablespoon cold water. Beat quickly until perfectly smooth.

—Mrs. John Thordarson

COOKIES

ALMOND COOKIES

½ cup brown sugar
½ cup white sugar
1 cup shortening
1 egg
2 cups flour
1 teaspoon baking soda
1 teaspoon cream of tartar
¾ cup shelled almonds, chopped
1 teaspoon almond flavoring

Cream shortening, add sugar gradually, then well beaten egg. Mix and sift dry ingredients and add. Then almonds and flavoring. Form into small balls, press down gently, bake in moderate oven.

—Mrs. Paul Johnston

ANIMAL COOKIES

¾ cup sugar
½ lb. butter or shortening
3 egg yolks
1 teaspoon flavoring
3 cups flour

Mix, roll and cut with animal cutters and bake in oven about 400°F.

—Margaret Stevenson

BROWN SUGAR GINGER COOKIES

1 cup shortening
2 cups brown sugar
2 eggs
2¾ cups flour
2 teaspoons ginger
2 teaspoons soda
2 teaspoons cream of tartar

Roll into balls. Dip into granulated sugar. Place on pan and press down gently. Bake in 300° oven 10-15 mins.

—Mrs. Walter Johnson

BUTTERSCOTCH PUDDING COOKIES

1 cup shortening
2 tablespoons brown sugar
1 egg
1½ cups rolled oats
1 pkg. butterscotch pudding
1 cup flour
1 teaspoon salt
¼ teaspoon baking powder

Cream shortening, add beaten egg. Mix well. Add rolled oats, pudding powder and sifted dry ingredients. Form into balls. Press with a fork. Bake at 350° for 8 to 10 mins.

—Mrs. Doris Johnson

CHEESE STRAWS

2 ozs. flour
1 oz. margarine
1½ ozs. Parmesan cheese (or any sharp cheese)
cayenne and salt
a little yolk of egg and water

Rub the butter into the flour. Add the cheese and seasoning. Bind to a stiff paste with the yolk and water. Roll out thinly and cut in straws and rings. Bake in a quick oven for 5 to 7 minutes, being careful not to overbrown. Place the straws through the rings and serve hot.

—Pamela M. Thorgrimsson

CHEESE TURNOVERS

2 cups flour
1 cup butter
½ lb. cheese
pinch of salt
4 tablespoons sugar

Mix as for shortbread. Roll thin. Cut with round cookie cutter. Place small amount of orange marmalade between two rounds, press edges well together. Bake 350° oven for 10 minutes. Serve warm.

—Mrs. R. H. Craik

CHOCOLATE CHIP COOKIES

1 cup shortening
¾ cup brown sugar
¾ cup white sugar
2 eggs unbeaten
1 teaspoon hot water
1½ cups flour
2 cups oatmeal
1 teaspoon soda
1 teaspoon salt
1 cup nut meats (if desired)
1 pkg. dot chocolate (cut up raisin size)
1 teaspoon vanilla

Mix in order given and drop by ½ teaspoonfuls. Bake in 375° oven for about 10 minutes. If nuts are not used, add 1 more cup of oatmeal.

—Mrs. C. A. Maddin

CHOCOLATE MARSHMALLOW BALLS

Mix 23 marshmallows (quartered)
1 cup icing sugar
pinch salt
1 teaspoon vanilla
1 beaten egg

Melt 4 squares chocolate and pour into above mixture. Blend. Form into balls, roll in desiccated coconut. Let stand several hours on wax paper until firm.

—Mrs. C. Barnes

CHOCOLATE MARSHMALLOW ROLL

3 squares unsweetened chocolate
1 egg
1 cup icing sugar
24 marshmallows
nuts, fresh dates or any other fruit if desired
⅜ lb. coconut (shredded or desiccated)

Melt the chocolate in a double boiler. Beat the egg and add the icing sugar. Cut in half the marshmallows, and mix into the chocolate. Combine with the egg and icing sugar, then add the nuts or fruit. Sprinkle the coconut on a sheet of wax paper and roll the mixture in it. Roll it in the wax paper and leave in the refrigerator until used. Cut in slices.

—Ellen Edwards, Morden, Man.

COCONUT COOKIES

¾ cup butter
½ cup white sugar
½ cup brown sugar
1 beaten egg
1 cup desiccated coconut
2 cups flour
1 teaspoon soda
1½ teaspoons cream of tartar
1½ teaspoons vanilla

Cream butter and sugar until light. Add well beaten egg, flour, soda, cream of tartar, coconut and flavoring. Form into balls and press down with fork. Bake at 275° for 10 mins.

—Miss Jacqueline Johnson

COCONUT CRISPS

1 cup butter
2 cups brown sugar
2 eggs
2 cups rolled oats
2 cups coconut (shredded)
2 cups flour
½ teaspoon soda
1 teaspoon baking powder

Cream butter and sugar, add well beaten eggs. Put coconut and oats through food chopper and add to the first mixture with the flour, soda and baking powder sifted together. Roll into small balls, place on greased sheet and press down with a fork. Bake in a hot 400° oven until a delicate brown.

—Mrs. L. C. Dyer

COCONUT TIDBITS

½ cup butter
1 tablespoon milk
2 egg yolks
1 cup flour
1 teaspoon baking powder
½ teaspoon salt

Form into dough. Chill. Roll out thin, cut into small circles, with floured cutter.

Filling:
2 egg whites, beaten stiffly
1 cup icing sugar
1 teaspoon melted butter
2 cups fine coconut

Drape macaroon filling around edge of cooky. Drop jelly in centre. Bake in moderate oven, about 13 mins.

—Lovisa McNicholl

DATE OATMEAL COOKIES

1 cup brown sugar
1 cup shortening
½ teaspoon salt
1 teaspoon soda
½ cup sour milk
2 cups flour
2 cups rolled oats

Mix in order given. Roll out and cut with round cutter. Bake 10 minutes in 300° oven. Put two together with date filling.

—Mrs. Ernie Smith

DATE PIN - WHEEL COOKIES

Boil:
1 cup dates
½ cup sugar
½ cup water

Add:
½ cup chopped nuts

Make following cookie dough:
½ cup shortening
1 cup brown sugar

1 egg
1 teaspoon vanilla
2 cups flour
½ teaspoon salt
½ teaspoon baking powder
¼ teaspoon soda

Mix in order given. Roll out thin. Spread with date filling and roll up like jelly roll. Chill several hours. Slice thin and bake on greased cookie sheet in 300° oven for 10 minutes.

—Mrs. A. R. Magnusson

DOT CHOCOLATE COOKIES

1 cup shortening
½ cup granulated sugar
1 cup brown sugar, firmly packed
1 teaspoon vanilla
2 eggs (well beaten)
2 cups and 4 level teaspoons sifted flour
1 teaspoon soda
1 teaspoon salt
1 cup chopped nuts
2 pkgs. Van Kirk semi-sweet chipits

Cream together shortening, white and dark sugar and vanilla until light and fluffy, fold in egg and beat. After sifting together flour, soda and salt, add to the first mixture. Stir in chipits and nuts and mix thoroughly. Drop by small spoonfuls on greased baking sheet and bake in moderate oven 375° for about 10 minutes. Makes 100 cookies.

—Mrs. Adelaide Webb

DREAM DATE COOKIES

½ cup butter
1 cup brown sugar
1 egg well beaten
¼ cup rolled oats
2/3 cup chopped dates
1/3 cup milk
2 cups flour
2 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon nutmeg

Drop by spoonfuls on baking sheet. Bake in slow oven.

—S. Bardal

DREAM COOKIES

1 cup butter
1 cup sugar
1½ teaspoons baking powder
1 tablespoon cream
1 pinch soda in the cream
2 eggs (well beaten)
flour to roll

Roll thin and cut with cookie cutter, when baked put together with icing.

Icing:
1 tablespoon butter
1 tablespoon vanilla
3 tablespoons cream
Icing sugar to thicken.

—Mrs. F. Dalman

FIG BARS

Filling:
2 cups dried figs chopped
1½ cups water
½ cup sugar

Wash, drain and chop the figs. Add water and sugar and cook until mixture has thickened. Remove from heat and cool.

Dough:
1 cup shortening
1 cup brown sugar
2 eggs
3 cups flour
1 teaspoon cream of tartar
¾ teaspoon salt
1 teaspoon vanilla
½ teaspoon soda
1 tablespoon hot water

Cream shortening and sugar. Beat eggs and add to creamed mixture. Beat until light and fluffy. Sift flour before measuring and sift again with cream of tartar and salt. Add half of this to creamed mixture, then add vanilla and soda which has been dissolved in the hot water. Add remaining dry ingredients. Chill dough, then roll out on lightly floured board to about ⅛ inch thickness. Cut dough in strips about 3 inches wide. Place fig filling down centre of strips. Fold dough over filling from each side. Cut fig filled strips into about 1½

inch lengths. Place closed side down on lightly floured cookie sheet and bake in moderately hot oven (375°) for 15 minutes.

—Mrs. F. W. Woodcock

FORK COOKIES

1½ cups brown sugar
1½ cups butter
2 eggs — well beaten
3½ cups flour
1 teaspoon soda
1 teaspoon cream of tartar
vanilla

Cream butter — add sugar, eggs, then dry ingredients after sifting together. Roll in small balls and press with fork. Moderate oven—10 mins.

—Mrs. R. B. Vopni

GINGER SNAPS

1 cup white sugar
1 cup shortening
1 cup molasses
1 level teaspoon ginger
1 heaping teaspoon soda
¼ teaspoon salt
½ cup boiling water
2½ cups flour

Mix well, let stand over night in cool place, next morning pinch into small pieces size of marbles. Roll into balls, flatten, place in greased pans, not too close together, and bake in a moderate oven.

—Mrs. E. A. Nygaard

GOLDEN FANCIES

Temperature: 400° F.
Time: 10-11 minutes.
½ cup shortening
½ cup white sugar
½ cup brown sugar
2 teaspoons vanilla
2 eggs, well beaten
1 tablespoon cream
3 cups sifted all purpose flour
2 teaspoons baking powder
½ teaspoon salt
red and green maraschino cherries

Cream together the shortening, white sugar, brown sugar and vanilla; add the well beaten eggs and cream; beat until fluffy. Add the sifted dry ingredients in three additions; blend lightly. Shape into a roll about 1½ inches through; wrap in wax paper; chill for three or four hours in the refrigerator. Cut in thin slices. Top each slice with a thin sliver of red or green cherry. Bake on an oiled cookie sheet in a fairly hot oven. Yield: about 54 cookies.

—Miss Bara Gudlaugsson

GROAT CAKES

1½ cups groats
4 cups white flour
1 teaspoon baking powder
1 tablespoon sugar
¾ cup butter
2 tablespoons cream
salt
milk to moisten

Roll thin and bake in about 375° oven. (These burn easily).

—Jean Belyea

HERMITS

½ cup shortening
1½ cups brown sugar
2 eggs
2¼ cups flour
1 teaspoon soda
1 teaspoon cinnamon
1 cup chopped raisins
1 cup currants
½ cup chopped nuts
1 cup dates (cut fine)
¼ cup milk
½ teaspoon salt

Cream shortening, add sugar and well beaten eggs. Sift the flour with soda, cinnamon, salt. Mix with fruit and nuts and add to first mixture, then add milk a little at a time until mixture can be dropped from a spoon. Bake as drop cookies on greased sheet in 300° oven for 15 minutes.

—Mrs. Walter Johnson

HONEY COOKIES

1 cup brown sugar
1 cup strained honey
1 teaspoon cinnamon
¼ lb. chopped almonds or walnuts
1 cup butter or shortening
1 level teaspoon soda dissolved in 2 tablespoons hot water

Mix all together with flour enough to roll. Let stand in a cool place over night. Roll thin and cut in squares. Bake in moderate oven 10-15 minutes.

—Mrs. W. Freeman, Windsor, Ont.

KRISPIE BALLS

2 eggs
1 cup brown sugar
1½ cups chopped dates
1 teaspoon vanilla
2 cups rice crispies
coconut

Beat eggs. Add brown sugar. Stir well. Add dates. Place in frying pan and cook until thick. Add vanilla. Remove from fire and add Rice Krispies. Form into balls and roll in coconut.

—Joan McDonald

LAZY DAISY COOKIES

½ cup butter
¼ cup sugar
2 hard cooked egg yolks
1 cup flour
¼ teaspoon almond extract

Break egg yolks through a sieve into creamed butter. Mix thoroughly, gradually adding sugar and creaming until well blended. Add sifted flour. Force dough through press using daisy form. Bake 10 minutes in moderately hot oven 375°.

—Mrs. James Bann

MACAROONS

2 egg whites, beaten stiff
1½ cups fruit sugar
1 cup dates, cut fine
½ cup cherries, cut up
½ cup blanched almonds, chopped

Mix in order given, beat egg whites stiff, then fold in the sugar (do not beat). Add dates, cherries and almonds. Drop by spoonfuls on greased sheet and bake in very slow oven for 20 minutes.

—Mrs. Arni Eggertson

MARZIPANS

2 cups coconut
1 cup almonds, leave skin on
½ cup glace cherries
½ cup dried apricots

Put all through meat chopper and mix with one beaten egg. Make into balls, size of walnuts, roll in fruit sugar.

—Mrs. F. E. Snidal

MEXICAN WEDDING CAKES
(Dainties)

½ lb. butter
4 heaping tablespoons powdered sugar
½ teaspoon salt
2 cups flour
1 teaspoon vanilla

Cream butter and sugar until light and fluffy, then add flour to make a stiff dough. Mix in nuts and vanilla. Add salt. Form into balls, do not press, bake in 300° oven 10-15 minutes. While hot, roll in powdered sugar, easily done by shaking cookies and sugar gently in a paper bag.

—Mrs. H. Halderson

MINCEMEAT COOKIES

¼ cup butter
¼ cup shortening
1 cup brown sugar
1 cup flour
½ teaspoon salt
½ teaspoon cream of tartar
¼ teaspoon soda
2/3 cup mincemeat
½ cup chopped nuts

Combine fats, cream until light, gradually add sugar and cream until fluffy. Sift flour, measure, sift again with salt, cream of tartar, and soda.

Add to creamed mixture and blend well. Add mincemeat and nuts. Shape into rolls and chill thoroughly in refrigerator. Slice and bake in 350° oven 8 to 10 minutes.

—Mrs. Arni Olafson

MOLASSES JAM - GEMS

1 cup butter
1 cup sugar
1 teaspoon vanilla
2 teaspoons soda dissolved in 3 tablespoons hot water
½ cup molasses
flour enough to roll thin

Mix in order given. Bake in moderate oven 350°. While hot put together with strawberry jam.

—Mrs. J. A. K. Broadfoot

OAT CAKES

4 teacups fine oatmeal
1 teaspoon baking soda (level)
1 teaspoon salt
3 ozs. shortening or bacon fat

Moisten with water; roll out in flour; bake in hot oven.

—Mrs. M. Stevenson (Sr.)

OATMEAL SHORTBREAD

2½ cups minute rolled oats
½ cup sugar
1 cup butter

Mix together until sticky. Add 1 cup flour. Roll thin and cut with cookie cutter. Bake in 350° oven. Spread with date filling.

—M. Peacock

OATMEAL COOKIES

1 cup butter
1 cup brown sugar
1 cup flour
3 cups minute oats
1 teaspoon vanilla
½ teaspoon salt
1 teaspoon soda, dissolved in 1 tablespoon cold water

Mix in order given. Form into balls, press down and mark with fork. Bake 8 minutes in 300° oven.

—Mrs. J. Carpenter

OATMEAL COCONUT COOKIES

1 cup butter
2 cups sugar
2 eggs
1 tablespoon vanilla
2 cups oatmeal
1 cup coconut
¼ teaspoon salt
1½ to 2 cups flour
2 teaspoons baking powder

Roll into little balls and flatten out with fork dipped into milk or water. Bake on ungreased pan.

—Mrs. A. Sigurdsson,
Foam Lake, Sask.

OATMEAL DROP COOKIES

½ cup shortening
1 cup brown sugar
1 egg
½ teaspoon salt
1 cup flour
½ teaspoon baking soda
1 teaspoon cream of tartar
1 cup rolled oats
½ cup chopped nuts

Cream the shortening, and gradually cream in the brown sugar. Beat the egg slightly and add to the creamed mixture. Continue beating until the mixture is light and fluffy. Sift the flour with the baking soda, cream of tartar and salt, and add to creamed mixture, mixing well. Now add the rolled oats and the nuts. Roll small pieces of the mixture into balls and flatten on a greased cookie sheet with a fork dipped in hot water. Bake in a moderate oven 350° until a delicate brown, about 10 minutes.

—Mrs. Gudrun Erickson,
Lundar, Man.

OATMEAL OVERNIGHT COOKIES

1½ cups butter (crisco)
1 cup white sugar
1 cup brown sugar
2 eggs
½ teaspoon salt
1 cup nutmeats (chopped)
3 cups oatmeal
1 lb. dates (chopped)

2 cups flour
1 teaspoon soda dissolved in
1 tablespoon hot water

Cream butter add sugar, then eggs. Beat well. Add soda dissolved in hot water then remaining ingredients. Blend well. Form in three rolls and put in refrigerator. Slice thin. This makes approximately 150 cookies.

—B. Hanneson

ORANGE COOKIES

Sift:
2½ cups flour
1 teaspoon baking powder
½ teaspoon salt
¼ teaspoon baking soda
Cream:
½ cup shortening
1 cup sugar
add 1 egg, well beaten

Beat until fluffy. Add sifted dry ingredients to creamed mixture alternately with ½ cup sour milk and ¼ cup orange juice. Add ¼ teaspoon grated orange rind. Mix well and drop by teaspoonfuls, several inches apart, onto greased cookie sheet. Bake at 375° for 10-12 minutes.

Optional Glaze:

Frost while warm with an orange glaze—blend ½ lb. confectioner's sugar with 4 tablespoons orange juice and ¼ teaspoon orange rind.

—Lillian Eyolfson

PEANUT BUTTER COOKIES

½ cup white sugar
½ cup brown sugar
½ cup butter
½ cup peanut butter
1 egg
pinch of salt
1 cup flour
½ teaspoon baking soda
1 teaspoon baking powder

Mix in order given. Form into small rolls and place on greased cookie sheet. Press with fork. Bake in 300° oven.

—Mrs. H. Spencer

RAISIN DROP COOKIES

6 tablespoons butter
½ cup sugar
1 egg
½ cup molasses
¼ cup milk
1¾ cups flour
2 teaspoons baking powder
¼ teaspoon soda
1/3 teaspoon salt
1 teaspoon cinnamon
1 cup seeded raisins

Cream the shortening and sugar. Add the well beaten egg and molasses. Add the milk and sifted dry ingredients. Beat well, then add the chopped raisins. Drop by small spoonfuls onto a greased cookie sheet and bake in moderate, 375° oven for about 10 minutes, or until well browned.

—Lilian Breckman

RAISIN AND MOLASSES COOKIES

1 cup brown sugar
½ cup white sugar
1 cup shortening
3 eggs
1 teaspoon salt
3 cups raisins
3 cups flour
1 teaspoon soda
¼ teaspoon cinnamon, nutmeg and cloves
1 teaspoon vanilla
½ cup molasses

Cream shortening, sugar, add eggs. Sift together flour, soda, spices and salt. Add flour and raisins alternately. Bake at 375° - 400° F.

—Mrs. Adelaide Webb

RAISIN OATMEAL COOKIES

2 cups brown sugar
1 cup butter
2 eggs
2 cups ground raisins
2 cups minute oats
2½ cups flour
1 teaspoon soda
1 teaspoon salt

Mix in order given. Form into balls,

place on greased cookie sheet and press gently down. Bake 300° oven for 10 to 15 minutes.

—Mrs. J. A. Hanson, Edinburg, N. Dak.

REFRIGERATOR OATMEAL COOKIES

½ cup shortening
½ cup brown sugar
½ teaspoon baking soda
2 tablespoons boiling water
1 cup sifted flour
1 cup quick-cooking oats
½ teaspoon salt
1 teaspoon vanilla

Cream shortening, add brown sugar and beat until light and fluffy. Dissolve baking soda in boiling water and add. Combine flour, oats and salt then add to creamed mixture. Add vanilla last. Cover as is in mixing bowl and place in refrigerator for at least 2 hours. Scoop out walnut-sized bits, roll into balls, place on greased cookie sheet and press down with a fork. Bake in 350° F. oven for about 10 minutes. Dough may be stored in refrigerator indefinitely, and fresh cookies made as needed.

—G. S. Gray

ROCKS

1 cup butter
1½ cups white sugar
3 eggs
½ teaspoon ground cloves
¾ teaspoon ground cinnamon
1 lb. chopped dates
1 cup broken walnuts (not too fine)
1 teaspoon baking soda dissolved in
1 tablespoon hot water
2¾ cups flour

Cream butter and gradually add and beat in the sugar. Add the beaten egg yolks. Mix in other ingredients in order given. Lastly add the whites of the three eggs beaten dry. Drop into buttered pans, bake in fairly quick oven.

—Sara Gillies

ROCKY MOUNTAINS

2 eggs
1 cup icing sugar (or more)
4 squares bitter chocolate (melted)
½ to 1 cup walnuts
20 marshmallows (quartered)

Beat eggs until light. Add sugar, chocolate, nuts. Fold in marshmallows. Drop by spoonfuls on wax paper and set over night. If cookies seem sticky before serving dust lightly with icing sugar.

—Shirley McCreedy

SHORTBREAD

4 cups flour
2 cups butter
1 cup brown sugar

Sift flour. Add sugar, which has been pushed through sieve, place butter in centre and work in. Form into rolls and chill several hours. Slice fairly thick and bake 15 minutes in very slow 225° oven.

—Mrs. W. Robertson

SHORTBREAD

1 cup flour
½ cup cornstarch
½ cup icing sugar
¾ cup butter

Sift dry ingredients together, work in butter. Pat into pan and bake very slowly, 225° until light brown. Mark into squares while hot.

—Mrs. B. Thordarson

SUGAR COOKIES

1½ cups sugar
1 cup butter
2 eggs
¼ cup milk
1 teaspoon soda in a little hot water
1 teaspoon vanilla
flour to roll

Mix in order given. Roll out thin, sprinkle with sugar. Cut with round cutter. Bake in 300° oven for 10 minutes.

—Mrs. O. B. Einarson, Cavalier, N. Dak.

SWEDISH COOKIES

½ cup butter
¼ cup sugar
1 egg yolk, slightly beaten
1 cup flour
1 egg white, unbeaten
¾ cup nut meats (optional)

Cream butter, add sugar gradually, cream until light. Add egg yolk and blend in flour. Form into small balls, dip into egg white, then into nuts. Place on greased cookie sheet and press fairly flat. Bake in 300° oven for 5 minutes, remove from oven and make a depression in centres, return to oven and bake 15 minutes. Fill with jelly or cherry.

—Mrs. S. Gatehouse

UNCOOKED NUT BALLS

1 cup blanched almonds, ground fine
½ cup walnuts, ground fine
1 cup shredded coconut
1 cup fruit sugar
1 egg
flavoring
chopped cherries—optional

Mix together thoroughly, form into balls. Roll in fruit sugar.

—Mrs. E. E. J. Sallows

WEDDING RINGS

1½ cups butter
1 cup sugar
1 egg
1 tablespoon cream
3½ cups flour

Mix in order given and press through cookie tube and shape into rings. Bake in moderate oven 350°.

—Mrs. Glen Eyford

WALNUT DELIGHTS

3 yolks
1 cup butter
2 teaspoons vanilla
2 teaspoons lemon juice
2 tablespoons sour cream
2 cups flour

Mix the butter and flour together. Beat the egg yolks slightly; add cream, vanilla and lemon juice, and beat this into the butter and flour mixture. Turn the complete mixture out on a floured board and shape into balls the size of marbles, chill over night. The following day, roll each marble into a square the thickness of pie crust ¼ in. thick. In centre of each square put a tap of thick jam and walnut. Moisten the edges and fold into a turnover. Bake in a moderate oven 350° F. for 12 minutes. When cooked put the spoonful of meringue on each turnover and decorate with another walnut. Bake again for 5 minutes or until meringue is a light brown, in oven 325°.

—Mrs. J. W. Jacques,
Vancouver, B.C.

PIES, TARTS, FILLINGS and MINCE MEAT

PUFF PASTRY

1 lb. sifted flour (4 cups)
1 lb. butter
1 small cup ice cold water
white of 1 egg
1 teaspoon sugar

Keep all utensils ice cold. This is important. Mix about ¼ of the butter with flour using a cold knife, then mix with water and egg white. Add sugar. Roll out to ¼ inch in thickness and set on ice for 15 minutes. Roll again and spread on more butter. Fold one end over towards centre. Do the same to the other end making 3 layers. Roll and put on ice again. Repeat this about 8 times until butter is all used, leaving it on ice at intervals. Makes a very nice pastry for tarts.

—Mrs. J. S. Gillies

LEMON PASTRY

3 cups flour
1 teaspoon salt
1 cup shortening
1 egg
3 tablespoons lemon juice

Sift flour and salt. Cut in shortening. Add slightly beaten egg combined with lemon juice. Add ice water as required.

—Inga Benjaminson

PASTRY

1½ cups flour
scant ¼ lb. shortening
¼ teaspoon salt

Rub shortening into flour and salt. Moisten with sufficient cold water to roll easily. Bake in oven 450°. Makes two crusts.

—Mrs. Wm. McNeil

HOT WATER PIE CRUST

1 cup butter or shortening
1/3 cup boiling water
3 cups flour (use some for rolling out)
1 teaspoon baking powder
salt to taste

Cream butter, add boiling water. Cream well. Add flour, baking powder and salt. Roll out.

—Mrs. Harry Johnson,
Wood Bay, Man.

ICE CREAM PIE

1 pt. ice cream
2 tablespoons jelly
desiccated cocoanut
2 eggs whites
4 tablespoons sugar
baked pie crust

Cool pastry shell thoroughly. Fill by spoonfuls or in slices with firmly frozen ice cream, dot with jelly, then cover with a thick layer of stiff meringue. Sprinkle with cocoanut if desired. Place pie on a wooden board. Brown quickly under broiler. Serve at once. The meringue acts as an insulator and if the pie is browned quickly and served at once, the ice cream will not melt. Serve this pie to your family or friends as a surprise. It's well worth it.

—K. L. Hannesson

ORANGE PIE

1 cup sugar
1 heaping tablespoon flour
3 eggs
2 tablespoons butter
rind of 1 orange
juice of 2 oranges

Stir together sugar, flour and add well beaten egg yolk. Add butter and rind and juice of oranges. Bake in uncooked pie crust. Reserve whites for frosting.

—Mrs. E. Sorenson, Langruth, Man.

ORANGE CREAM PIE

1 cup sugar
3 tablespoons flour
3 tablespoons corn starch
¼ teaspoon salt
1 cup water
1 egg
2 egg whites
juice of 1 lemon
¾ cup orange juice
grated rind of ½ orange

Sift dry ingredients. Put in top of double boiler and pour boiling water over — slowly. Cook 15 minutes. Add egg and egg yolks — slightly beaten — slowly to mixture. Cook 1 minute longer. When cool add orange and lemon juice. Put in baked pie shell and top with meringue made of: 2 egg whites, ¼ teaspoon baking powder, 4 teaspoons sugar. Brown in oven.

—Mrs. C. F. Baker, Brandon, Man.

BANANA CREAM PIE

6 tablespoons sugar
5 tablespoons flour
¼ teaspoon salt
2 cups milk
2 eggs
1 tablespoon butter
1 teaspoon vanilla
2 medium sized bananas

Scald milk in the top of double boiler. Mix sugar, flour and salt and sift them into the hot milk. Cook, stirring constantly, until the mixture is smooth and thick. Add the beaten egg yolks and cook 2 minutes, remove the custard from the fire and add the butter and vanilla. Let this cool, then fold in the stiffly beaten egg whites and pour over the sliced bananas in baked pie shell. Chill and serve. Whipped cream on top.

—Mrs. B. Brynjolfson

SOUR CREAM PIE

2 eggs
1 cup brown sugar
1 cup sour cream
1 cup raisins
½ teaspoon cinnamon
½ teaspoon cloves

Beat all ingredients well and pour into pie crust (uncooked). Bake until filling becomes thick as custard.

—Mrs. B. Guttormson

CUSTARD PIE WITH NUT CRUST

Crust:
1 cup flour
½ cup butter or shortening
½ cup walnuts, chopped
¼ teaspoon salt
Filling:
3 eggs
½ cup sugar
½ cup nuts
¼ teaspoon salt
2 cups milk
1 teaspoon vanilla

Beat eggs and sugar thoroughly, add remaining ingredients, except nuts, stir well. Pour into unbaked crust. Bake in hot oven for ten minutes. Sprinkle nuts over top of pie. Continue baking until custard is firm.

—Mrs. Paul Johnson

STRAWBERRY CHIFFON PIE

1 level tablespoon Knox's gelatine
¼ cup cold water
½ cup boiling water
¾ cup sugar
1 cup strawberries cut in small pieces
1 tablespoon lemon juice
¼ teaspoon salt
½ cup cream whipped
2 egg whites

Crush berries, cover with sugar, allow to stand about half hour. Soak gelatine in cold water 5 minutes then dissolve in boiling water. Add strawberry mixture, lemon juice and salt. Cool, when it begins to thicken, fold in whipped cream and the stiffly beaten egg whites. Fill baked shell for pie and chill.

—Louise Freemanson Fenton, Struthers, Ohio

CHOCOLATE CREAM PIE

1 tablespoon Knox's gelatine
¼ cup cold water
6 tablespoons cocoa or 2 squares chocolate, melted
½ cup boiling water
4 eggs
1 cup sugar
¼ teaspoon salt
1 teaspoon vanilla
bananas
whipped cream

Soak gelatine in cold water 5 minutes. Mix cocoa with boiling water and stir until smooth. Add softened gelatine, stirring until dissolved. Add egg yolks slightly beaten, ½ cup sugar, salt and vanilla. Cool and when mixture begins to thicken fold in stiffly beaten egg white and remaining sugar. Pour into baked pie shell and chill. Just before serving spread a layer of bananas, thinly sliced, over the top and cover with whipped cream.

—Mrs. L. McAlpine

CHOCOLATE MARSHMALLOW PIE

¾ cup sugar
3 tablespoons cocoa
2 tablespoons flour
2 tablespoons cornstarch
½ teaspoon salt
1 egg slightly beaten

1 cup milk
1 cup water
1 teaspoon butter
1 teaspoon vanilla
marshmallows cut in half

Mix dry ingredients well together and moisten with a little of the milk. Heat rest of milk and the water. Add gradually to first mixture. Put in double boiler and boil about 20 minutes, stirring constantly until thick. Beat egg slightly and stir a little of the hot mixture into it, then stir back into double boiler and cook another 3 minutes to thicken egg, stirring almost constantly. Add butter. Cool. Add flavor. Pour into baked pie shell and let stand until cold and firm. Place a layer of halved marshmallows on top of filling and put under broiler a few minutes to brown lightly just before serving.

—Ruth L. Goodman

LEMON PIE

Bake shell and cool.

Filling:
1 cup boiling water
1 tablespoon cornstarch dissolved in cold water
1 cup sugar
1 tablespoon butter
2 eggs
rind of 1 lemon

Combine cornstarch mixture with boiling water. Cook until clear and add sugar, butter, egg yolks well beaten and rind of lemon. Cook 2 minutes and pour into shell. Reserve whites for meringue.

—Mrs. John A. Hanneson,
Langruth, Man.

LEMON SODA CRACKER PIE

Crust:

2 cups soda crackers, rolled fine. Add ½ cup melted butter and ½ cup white sugar.

Filling:
1 large cup boiling water
1 cup sugar
2 tablespoons cornstarch
1 tablespoon butter
3 eggs
juice of 2 oranges and 2 lemons

Mix boiling water and sugar and bring to boil. Add cornstarch mixed in a little cold water. Add butter, egg yolks and juice of oranges and lemons. Cook until thick. Put filling in crust and put stiffly beaten egg white on top. Sprinkle few soda cracker crumbs on top of whites. Bake 20 minutes in slow oven 250°.

—Mrs. G. O. Bergman,
Flin Flon, Man.

APRICOT PIE

1 cup stewed apricots
½ cup apricot juice
¼ cup crushed pineapple
½ cup pineapple juice
1/3 cup granulated sugar
1 tablespoon melted butter
1 tablespoon minute tapioca

Let stand 15 minutes before putting into pie shell. Put strips of pastry on top Hot oven 400° for 10 minutes, then 350° for 25 minutes.

—Mrs. J. B. Skaptason

PINEAPPLE PIE

Pie crust:
1 level cup of flour
½ cup shortening
¼ teaspoon salt
½ teaspoon baking powder
ice water

Filling:
1 tin crushed pineapple
juice of 1 orange
1 cup sugar
1½ cups water
2½ tablespoons cornstarch (mixed in cold water)
4 eggs
1 level tablespoon butter

Put in double boiler the pineapple, sugar and orange juice and heat to boiling point. Add cornstarch and stir until thick. Beat up egg yolks to a lemon color and add to the rest. Stir about 5 minutes. Then add butter. Pour into baked crust. Beat up four

egg whites and 3 level tablespoons sugar, one spoon at a time and bake to a golden brown.

—Mrs. S. Christianson

MOCK CHERRY PIE

2 cups chopped cranberries
1 cup raisins (minced)
1 cup sugar
3 tablespoons flour
⅛ teaspoon salt
2 pie shells

Fill lower shell with mixture. Dot with butter, cover with top shell or with strips of pastry.

—Mrs. J. J. Bildfell

HEAVENLY PIE

2 bananas
1 cup sugar
2 egg whites
juice of 1 lemon

Mash bananas and add sugar and lemon juice, then fold in beaten egg whites. Place in baked pie shell and brown in oven. Cover with whipped cream. Decorate with nuts and jelly, if desired.

—Mrs. T. H. Johnson

CRYSTALLIZED APPLE PIE

5 large apples
½ lemon
1 cup sugar
1 cup water
1 teaspoon lemon juice
baked pie shell

Halve the apples cross-wise, pare and core. Rub well with lemon to prevent discoloration. Mix sugar, water and lemon juice and cook together for 5 minutes. Simmer the apples in this syrup until they are tender but unbroken. Remove apples with wire lifter and spread apples, round side up in baked shell. Cook juice slowly until it becomes thick, adding drop or two of cake coloring if desired. Glaze apples with the thick syrup, which, when cool, will form a jelly coating. Canned peach halves or pears may be prepared in the same manner without cooking, using same quantity juice (and water if needed) to make jelly coating.

—Doris J. Goodman

APPLE PIE WITH CRUMB TOPPING

4 large apples
1 cup granulated sugar
½ cup of water
1 tablespoon butter
1 teaspoon almond flavoring

Line a pie pan with pastry; brush with unbeaten egg white. Peel and core apples and slice; cover with butter, sugar and the water. Boil till apples are soft but not in pieces. Add almond flavoring, and pour into pie shell. Top with—

1 cup flour
½ cup brown sugar
½ cup butter

rubbed into crumbs. Press lightly on top of apples and sprinkle with shredded almonds. Bake in hot oven for fifteen or twenty minutes or until pastry is well done.

—Mrs. T. E. Thorsteinson

RAISIN, DATE AND NUT PIE

1 cup seeded raisins
1 cup pitted dates, cut fine
2/3 cup granulated sugar
½ teaspoon salt
2 tablespoons butter
2 cups hot water
3 tablespoons lemon juice and grated rind
2 tablespoons cornstarch
3 tablespoons cold water
1 cup chopped nuts
Prepare pie crust.

Cook raisins, dates, sugar, salt, butter and hot water for 5 minutes. Add lemon juice and rind and cornstarch, leave to cook (uncovered) for 10 minutes, then take off stove and add nuts.

—Mrs. T. S. Arason,
Cypress River, Man.

PUMPKIN CHIFFON PIE

1 tablespoon gelatine
¼ cup cold water
1 cup brown sugar
½ teaspoon salt
2 teaspoons cinnamon
½ teaspoon ginger
½ teaspoon allspice
1 1/3 cup cooked pumpkin
3 eggs
½ cup milk
¼ teaspoon cream of tartar
6 tablespoons sugar

Soak gelatine in cold water. Mix brown sugar, salt, cinnamon, ginger and allspice in top of double boiler. Stir in cooked pumpkin. Beat egg yolks until light and lemon colored. Blend in milk. Blend egg yolks, milk mixture and pumpkin mixture. Mix thoroughly and place on boiling water. Cook until mixture thickens (about 10 minutes) stirring frequently. Remove from heat, beat in gelatine with egg beater. Cool for about 20 minutes or until it begins to set. Then beat until fluffy with egg beater. Beat 3 egg whites until stiff with cream of tartar. Beat in 6 tablespoons sugar until egg whites are stiff and glossy. Fold into fluffy pumpkin mixture and pile into cooked pie shell. Chill until ready to serve. This makes one large 9-inch pie.

—Mrs. Harry McGlynn

PUMPKIN PIE

3 eggs
1 tin pumpkin
1 teaspoon cinnamon
1 teaspoon vanilla
2 cups milk
1 cup sugar
1 teaspoon ginger
½ teaspoon cloves
¼ teaspoon salt

Beat eggs, add sugar, pumpkin and spices. Beat well, add milk, salt and vanilla. Pour into pie plates lined with pie dough. Bake in moderate oven until filling is firm.

—Mrs. H. G. Hunter

VANILLA - RASPBERRY PIE

Crust:
12 graham wafers (1¼ cups crumbs)
1/3 cup sugar
½ cup melted butter
Filling:
one 4-oz. pkge. vanilla pudding
2 cups milk
1 package raspberry jello
2 cups boiling water
1¼ cups red raspberries

Mix crust mixture well, press firmly in greased 9-inch pie pan. Chill until set. Mix pudding and milk as directed on package, chill. Prepare jello and water as directed on package. Chill, until partially set. Whip until fluffy and the consistency of whipped cream. Pour cooled vanilla filling into crust. Sprinkle raspberries over filling, top with whipped jello mixture. Garnish with more berries. Chill.

GRAHAM WAFER PIE

Crust:
20 wafers, rolled fine
½ cup brown sugar
½ cup melted butter
1/3 teaspoon cinnamon
Filling:
2 cups milk
½ cup sugar
½ teaspoon vanilla
3 eggs
1 tablespoon cornstarch

Roll crackers fine, add sugar and cinnamon and mix well, add butter. Save half cup of mixture for top of pie, put rest into pie plate patting in well. Mix milk, sugar, vanilla, egg yolks and cornstarch. Cook in double boiler. When cool, pour into pie crust. Cover with meringue and sprinkle cracker mixture on top. Bake in slow oven for 25 minutes.

—Mrs. J. Preece

BUTTERSCOTCH PIE

1 cup brown sugar
1½ tablespoons flour
1 tablespoon butter

2 eggs
1 cup milk

Mix together brown sugar, flour, butter, beaten egg yolks and milk and cook in double boiler. When cool put in baked pie crust. Cover with whites of eggs beaten with 1 tablespoon of fruit sugar.

—Mrs. Inga Christianson

RHUBARB CUSTARD PIE

1 cup sugar
2 tablespoons flour
2 tablespoons melted butter
2 eggs
2 cups raw cubed rhubarb

Mix sugar and flour, add melted butter and beaten egg yolks, rhubarb. Bake in uncooked pie crust, and use whites of eggs — whipped — for frosting after rhubarb mixture is cooled.

—Mrs. C. Nordman

RHUBARB PIE DE LUXE

2 cups rhubarb
2 cups sugar
2 eggs
2 tablespoons butter
1 tablespoon flour

Mix and cook slowly rhubarb, sugar, beaten egg yolks butter and flour. Bake shell, put in mixture and cover with meringue made from egg whites.

—Mrs. A. B. Sturlaugson

RAISIN CREAM PIE

1½ tablespoons flour
¾ cup sugar
½ teaspoon salt
2 eggs
1 cup scalded milk
1 cup ground raisins
1 tablespoon butter
1 teaspoon vanilla

Mix in top of double boiler flour, sugar and salt. Add beaten yolks of eggs. Mix well. Add gradually milk, raisins and cook over boiling water until thick. Add butter and vanilla. Pour into baked pie shell. Use egg whites for meringue. Delicious with whipped cream.

—Mrs. W. G. Johnson

RAISIN PIE

1 cup raisins
2/3 cup sugar
½ cup water
½ teaspoon salt
3 tablespoons cornstarch
1 tablespoon butter
½ teaspoon lemon juice or extract
½ teaspoon vanilla

Put all ingredients except cornstarch on stove to boil for half hour. Make a paste of cornstarch and water. Add this to mixture and cook until thickened, stirring constantly. Pour into lined pie plate and cover with pastry. Bake in moderate oven 350° until golden brown.

—Mrs. H. Halderson

RAISIN PIE FILLING

1 cup seeded raisins
1 cup milk
1 egg
1 cup brown sugar
1½ tablespoons flour
½ teaspoon nutmeg

Boil raisins until tender. Add milk, egg, sugar, flour and nutmeg. Boil till thick.

—Mrs. R. E. Stonhouse

MEXICAN DATE PIE

1 cup white sugar
2 eggs
1 cup milk
chopped dates

Line pie plate with paste and put in a layer of chopped dates in bottom. Then add a mixture of sugar, beaten egg yolks and milk and bake. Beat whites of eggs stiff, sweeten with sugar and spread over top. Put in oven to brown.

—Mrs. L. C. Dyer

APPLE TARTS

½ teaspoon baking powder
2 cups flour
1 cup icing sugar
¼ cup cornstarch
1 cup shortening and butter mixed
pinch of salt
1 egg
1 tablespoon milk

Mix first 6 ingredients as for shortbread. Beat milk and egg together and add to first mixture. Roll and line muffin tin. Fill with apple sauce and cover with pastry. Bake in 350° oven till brown.

—Mrs. S. G. Perkins

BUTTER TART FILLING

1 cup brown sugar
1 egg
2 tablespoons butter
1 teaspoon vanilla
1 cup raisins

Mix all together and put 1 tablespoon of mixture in each uncooked pastry shell.

—Mrs. George Hanneson,
Langruth, Man.

COCONUT TARTS

2 tablespoons butter
½ cup sugar
1 egg
1 cup coconut
1 teaspoon vanilla

Mix above ingredients. Line muffin tins with pastry, drop a spoonful of jam in each, and fill with coconut mixture. Bake in 325° oven 10 to 15 minutes.

—Mrs. Josephine Davis

CUSTARD TARTS

Crust:
2 cups flour
1 cup butter (scant)
1 tablespoon sugar
yolk of egg
½ teaspoon salt
cold water

Filling:
¾ pt. milk
3 eggs
little sugar
¼ teaspoon salt
vanilla

Mix flour, salt and sugar for crust. Add butter. Make hole in centre, mix in yolk of egg and 2 tablespoons water. Add more water gradually until mixed to a very stiff paste. Knead lightly together and roll out fairly thin. For filling beat eggs, add other ingredients and strain into shells made with above paste. Sprinkle a little cinnamon on each tart.

—Mrs. Aslaug Olafson

FAVORITE TART FILLINGS

No. 1—
2 beaten eggs
1 cup sugar
juice of 1 lemon and 1 orange
1 cup chopped walnuts

No. 2—
2 beaten eggs
¼ cup milk
1 cup raisins
2 tablespoons melted butter
1 teaspoon vanilla

Fill unbaked shells and bake in 325° oven 10 minutes.

—Mrs. E. Laurie

FRUIT AND NUT TARTS

½ cup brown sugar
1/3 cup corn syrup
3 tablespoons butter
1 egg
1/3 cup raisins or currants
¼ cup chopped dates
2 tablespoons chopped nuts
½ tablespoon vinegar
¼ teaspoon salt
½ teaspoon vanilla

Mix and drop by spoonfuls into unbaked tart shells. Bake 10-15 minutes in moderate oven.

—Mrs. A. Olafson

FRUIT PATTY

1 tablespoon butter (melted)
1 cup brown sugar
1 cup currants
1 tablespoon lemon peel
1 egg yolk

Mix butter, sugar, currants, lemon peel and beaten egg yolk. Line patty tins with rich pastry and put in filling. Bake in moderate oven.

—Mrs. D. Elding

GROUND RICE CAKES

2 cups flour
3 teaspoons baking powder
2 tablespoons sugar
¼ teaspoon salt
1 cup butter or margarine
1 egg
1 teaspoon vanilla

Filling:
1/3 cup sugar
1 egg
1 tablespoon melted butter
4 tablespoons ground rice
1 teaspoon almond flavoring

Mix flour, baking powder, sugar, salt, butter, egg and vanilla and wet with milk just enough so it is like pastry. Roll out and cut with cookie cutter in rounds and put in muffin pans. Cut fairly thin. Then add a small amount of raspberry jam. Mix sugar, egg, butter, rice and almond flavoring for filling and put on top of the batter. Filling may be doubled. Bake in hot oven.

—Mrs. H. Heard

LEMON FILLING FOR TARTS

4 tablespoons flour
½ cup white sugar
½ cup boiling water
1 teaspoon butter
2 egg yolks
3 tablespoons lemon juice
grated rind of 1 lemon

Mix flour and sugar, add boiling water. Cook, stirring constantly until thick, then continue cooking 10 minutes stirring frequently. Add butter and slightly beaten egg yolks. Remove from heat, add lemon juice and rind.

— Bensa Doll, Hecla, Man.

MACE TARTS

2 eggs
½ cup brown sugar
1 cup syrup
butter size walnut
1 teaspoon mace
1 teaspoon nutmeg

Mix well. Have butter room temperature. Bake in unbaked tart shells in moderate oven.

—Mrs. E. E. J. Sallows

QUICK JAM TARTS

Line muffin tins with pastry. Drop in spoonful of favorite jam or jelly. Make up a batter of prepared white cake mix and drop by spoonfuls on top of jelly. Bake in 350° - 375° oven.

—Mrs. Doris Johnson

VINEGAR TARTS

3 eggs
3 cups brown sugar
1 teaspoon vanilla
5 teaspoons vinegar
nutmeg to taste

Mix and fill uncooked pastry shell and bake.

—Mrs. F. A. Finson

LEMON CHEESE

3 lemons (rind and juice)
4 eggs beaten together
1 lb. fruit sugar
¼ lb. butter (approximately)

Beat eggs; add lemon juice and rind and sugar. Cook in top of double boiler until the consistency of custard.

—Mrs. James Bann

FRUIT FILLING FOR CHOCOLATE CAKE

¼ cup chopped dates
¼ cup chopped raisins
¼ cup chopped figs

¼ cup chopped walnuts
¾ cup (1 small tin) evaporated milk
¼ cup water
1 teaspoon vanilla
¾ cup granulated sugar

Dilute milk with water; put in double boiler with sugar. Stir until sugar is dissolved. Add fruit and cook until thick—about ½ hour. Cool. Add vanilla and nuts.

—Mrs. John Thordarson

SUET MINCE MEAT

1 lb. beef suet, chopped fine
1¼ lbs. seeded raisins, chopped
¾ lb. currants
1 lb. apples, peeled and diced
1 lb. brown sugar
1 cup mixed peel
1 tablespoon mixed spice
½ teaspoon salt
½ cup chopped almonds
rind and juice of 1 lemon
rind and juice of 1 orange

Chop the suet fine and mix with the remaining ingredients. You may blanch the almonds or not just as you like. Put the orange and lemon rind through the food chopper. Mix all the ingredients and turn into a stone jar. Stir once each day for a week to thoroughly blend the flavors and prevent the juice settling at the bottom. This will keep without being canned and will make about 6 pies.

—Mrs. G. L. Stephenson

SCOTCH MINCE MEAT

½ lb. raisins
½ lb. light sultanas
¾ lb. beef suet
1 lb. apples
½ lb. currants
¾ lb. mixed peel
½ lb. granulated sugar
½ teaspoon nutmeg
juice of lemon

Mix well, put in jars and pour over wine glass of brandy.

—Mrs. Geo. Eby

ENGLISH MINCE MEAT

1 lb. good lean beef
2 lbs. seedless raisins
2 lbs. brown sugar
1 lb. orange peel
1 lb. lemon peel
½ lb. citron peel
3 lbs. seeded raisins
2 lbs. currants
6 lbs. cooking apples, peeled and chopped fine

Stew the beef until tender in very little water with salt, pepper and a little mace. When cooked put through mincer. Add the other ingredients and mix well. Keep in cool place.

—Mrs. W. H. Olson

TOMATO MINCE MEAT (FOR PIES)

7 lbs. green tomatoes — sliced
3 lbs. seedless raisins

Slice green tomatoes, sprinkle well with salt and put in a bag to drip all night. Measure the tomatoes and add an equal quantity of sugar. Cook until the tomatoes are soft. To 7 lbs. of tomatoes and sugar add raisins, with mace and cinnamon to taste. Cook 5 minutes after adding spices. Pack in jars and seal immediately. This will make delicious mince pies.

—Mrs. S. Eyjolfsson,
Vestfold P.O., Man.

MINCE MEAT

2 lbs. pork tenderloin
6 lbs. apples
3 lbs. raisins
2 lbs. sultanas
1 lb. currants
1 lb. mixed peel
½ lb. walnuts
2 tablespoons salt
1 teaspoon mace
1 tablespoon nutmeg
1 teaspoon cinnamon
2½ lbs. brown sugar
1 qt. apple cider (boiled down to 1 pint)

1 qt. mixed fruit juices (syrup from pears, etc.)
1 cup grape wine
2 oranges, whole
1 lb. chopped suet
2 lemons

Boil tenderloin until tender. Cool in liquid, put through meat chopper and include all liquid thoroughly mixed.

—Mrs. J. A. Pottruff

PUDDINGS

BUTTERSCOTCH BAVARIAN CREAM

¾ cup brown sugar
2 tablespoons butter
2 cups milk
3 eggs
few grains salt
vanilla
1½ tablespoons gelatine soaked in
2 tablespoons water
1 cup whipping cream

Put butter and sugar in top of double boiler; stir over fire until it becomes slightly caramelized. Add milk and place over hot water. Mix egg yolks and salt, and when milk is scalded add slowly to eggs. Return to double boiler and stir and cook until mixture forms a thin coating on spoon. Add vanilla and gelatine, strain and chill. When it begins to stiffen fold in beaten egg whites and whipping cream. Mold and chill.. Serve with whipping cream and butterscotch sauce.

Sauce
¼ cup brown sugar
2/3 cup corn syrup
4 tablespoons butter
¾ cup thin cream

Combine brown sugar, corn syrup and butter, boil until it forms a soft ball when tried in cold water. Then add cream, chill, stir before using. Pour over pudding and add chopped nuts.

—Mrs. Arthur Elton, London, England.

BUTTERSCOTCH TAPIOCA

¼ cup minute tapioca
2 cups milk
2 tablespoons butter
½ cup brown sugar
¼ teaspoon salt
1½ teaspoon vanilla
1 cup whipping cream

Combine all ingredients in the top of double boiler except whipping cream. Cook until tapioca is clear. Cool and fold in whipped cream. Serve with butterscotch sauce.

Butterscotch sauce
1 cup brown sugar
4 tablespoons butter
¾ cup corn syrup
⅛ teaspoon salt

Cook all together until a soft ball is formed in cold water. Then add one cup cream and 1 teaspoon vanilla.

—Kathleen Rear, Olds, Alta.

VENICE PUDDING

4 tablespoons flour
2 tablespoons sugar
1 teaspoon baking powder
1 egg
½ oz. butter
stewed apples

Rub butter into flour then add sugar and pinch of salt. Add baking powder and mix well. Beat eggs, pour into teacupful of milk, add to mixture. Butter pudding dish and put thick layer of stewed apples on bottom and mixture on top. Bake one hour.

—Mrs. Reid

DANISH LEMON PUDDING

4 eggs
¾ cup white sugar
1 package gelatine dissolved in
½ cup lukewarm water
juice and rind of 1 lemon

Beat egg yolks until light and

whites until stiff. Add ½ the sugar to yolks and beat well. Add the remainder of sugar to egg whites, beat well. Add lemon juice and rind to yolk mixture. Combine mixtures and add gelatine. Beat well and let stand in cool place. Serve with whipped cream.

—E. Goodman

LEMON PUDDING

1½ cups milk
1 cup sugar (white)
1 lemon
2 tablespoons butter
2 eggs
2 tablespoons flour

Cream together sugar, and butter, stir in grated rind and juice of lemon; beaten egg yolks and flour. Add milk, and fold in beaten egg whites. Pour into buttered baking dish and set in pan of water and bake one hour in moderate oven. Top should be brown. Serve cold.

—Mrs. T. Scambler

LEMON PUDDING

1 slice bread
1 lemon
1 cup heated milk
2 eggs
½ cup fruit sugar

Put bread in baking dish and grate rind of lemon over it. Add egg yolks (beaten) to milk and pour over bread. Bake until it sets, then beat the two egg whites stiff and add fruit sugar and lemon juice. Pour over the custard part and brown as a meringue. Serve hot or cold.

—Mrs. V. J. Percy

HALF-HOUR PUDDING

½ cup brown sugar
1 cup flour
2 teaspoons baking powder
1 egg
¼ teaspoon salt
1 cup raisins
1 cup milk
2½ cups boiling water
1 cup brown sugar
1 tablespoon butter
½ teaspoon nutmeg

Mix ½ cup brown sugar, flour, baking powder, egg, salt, raisins and milk and put in round pudding dish. Mix 2½ cups boiling water, 1 cup brown sugar, butter and nutmeg and pour on top of batter. Bake 25 minutes. (Dates are good instead of raisins).

—Mrs. F. Einarson

RAISIN PUDDING

2 cups brown sugar
1½ cups water
3 teaspoons butter
½ cup brown sugar
1 cup flour
1 teaspoon vanilla
1 cup milk
1 cup raisins
½ teaspoon soda
½ teaspoon baking powder

Mix 2 cups brown sugar, water and 1 teaspoon butter, put in greased pan and boil for 5 minutes. Mix 2 teaspoons butter, ½ cup brown sugar, flour, vanilla, milk, raisins, soda and baking powder. Pour batter in syrup and bake ½ hour at 350°F.

—Mrs. M. Erlindson

STEAMED BREAD PUDDING

2 cups bread crumbs
½ cup molasses
1 cup hot water
1 cup flour
1 cup raisins
½ teaspoon baking soda
1 tablespoon melted butter
1 egg

Pour hot water on bread crumbs. Add molasses, flour, raisins, baking soda, butter, beaten egg, milk if required and spices to taste. Steam in double boiler 1½ to 2 hours.

—Mrs. Margaret McDonald

COCONUT BREAD PUDDING

1 thick slice bread
1 pt. milk
2 egg yolks
½ cup sugar

1 cup coconut
1 teaspoon vanilla
1 tablespoon butter
¼ teaspoon salt

Soak bread in cold water until soft. Drain well and stir with fork. Bring milk to boiling point and pour over bread. Add butter, sugar, coconut, salt and vanilla. Beat in egg yolks, pour all into greased pudding dish. Bake 35 to 40 minutes.

Meringue:
2 egg whites
4 tablespoons granulated sugar

Whip egg whites and add sugar. Pour on top of pudding, sprinkle with coconut and brown.

—Mrs. B. Baldwin

STEAMED CRANBERRY PUDDING

1½ cups cranberries (low bush)
¾ cup boiling water
¾ cup sugar
1 1/3 cups flour
2 teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
½ cup light molasses
½ cup boiling water

Cook cranberries, boiling water and sugar together until thick. Then cool. Sift flour once and measure. Sift flour, baking powder, soda and salt together. Add 1 cup cooled cranberry sauce to the dry ingredients. Add the ½ cup boiling water to the molasses and combine with the flour, cranberry mixture. Blend thoroughly. Pour into greased pudding mold, cover and steam for 2 hours. Serve with butterscotch sauce (8 servings).

Butterscotch sauce
6 tablespoons melted butter
1/3 cup granulated sugar
1/3 cup brown sugar
¼ teaspoon salt
¾ cup cream

Combine ingredients and boil 5 minutes. Serve with steamed cranberry pudding.

—Mrs. I. Bergsteinson

ORANGE PUDDING

¾ cup boiling water
2 tablespoons butter
¾ cup sugar
juice of 1 orange
½ cup milk
1 teaspoon baking powder
2/3 cup sugar
a little flour

For sauce mix boiling water, 1 tablespoon butter, ¾ cup sugar and juice and rind of orange. Boil for 4 minutes. Mix 1 tablespoon butter, milk, 2/3 cup sugar, baking powder and enough flour to make a medium stiff batter. Drop batter by spoonfuls into hot sauce and bake in moderate oven for half an hour.

—Mrs. G. H. Davies

ORANGE PUDDING

1 cup orange juice
2 tablespoons lemon juice
1 cup sugar
3 cups hot water
1 package minute tapioca
¼ teaspoon salt

Add tapioca to boiling water stirring slowly and constantly. As soon as it begins to thicken, add sugar, salt and lemon and orange juice. Boil 3 minutes.

—Mrs. B. Baldwin

DATE CRUMBLE DESSERT

1 1/3 cups minute oats
1½ cups flour
1 cup brown sugar
¾ cup butter
1 teaspoon soda
1 teaspoon baking powder

Mix with hands and spread one-half in buttered cake pan.

Filling:
2 cups brown sugar
½ cup white sugar
1 lb. dates
1 cup nuts
6 tablespoons flour
2 tablespoons butter
1½ cups milk

Cook filling and when cool, place on top of crumb mixture and then add

remaining crumbs on top. Bake 45 minutes. Serve with whipped cream.

—Mrs. N. Jackson, Hillman, Mich.

DATE PUDDING

1 cup flour
1 cup sugar
2 teaspoons baking powder
1 cup chopped dates
½ cup milk
1 cup brown sugar
2 cups boiling water
1 tablespoon butter

Mix flour, sugar baking powder, dates and milk and put in buttered baking dish. Mix brown sugar, boiling water and butter and pour over the batter. Bake 30 to 40 minutes at 350°.

—Mrs. J. J. Swanson

DATE PUDDING

2 cups bread crumbs
1 cup flour
1½ cups suet chopped fine
2 cups dates, chopped roughly
½ cup sugar
¼ teaspoon salt
2 teaspoons baking powder
2 eggs

Mix crumbs, flour, suet, dates, sugar, salt and baking powder and moisten with eggs beaten in a little milk. Put into well buttered bowl. Steam from 2 to 3 hours.

—Mrs. Thorstein Thorlakson

CREAMY RICE PUDDING

2½ cups boiling water
1 teaspoon salt
½ cup rice
1 tin evaporated milk
1/3 cup sugar

Boil rice in water about 20 minutes or till cooked. Water will have soaked in. Add evaporated milk and sugar and cook in double boiler for ½ an hour longer. Serve hot or cold.

—Lillian Eyolfson

BROWN BETTY

2 cups bread crumbs
½ cup butter
1 cup sugar
2 cups thinly sliced apples

Put a layer of apples in buttered baking dish, sprinkle with sugar. Add a layer of bread crumbs, season with a bit of butter and cinnamon. Repeat until dish is filled. Then pour over ½ cup water, cover and bake slowly for 1 hour. Uncover and brown. Serve with cream.

—Mrs. H. S. Bardal

APPLE QUEEN

3 tablespoons butter
¾ cup brown sugar
3 or 4 medium sized apples
5 red or green cherries
¼ cup shortening
½ teaspoon vanilla extract
¾ cup granulated sugar
1 egg
½ teaspoon salt
4 teaspoons baking powder
2 cups sifted flour
1 cup milk

Melt butter in an 8-inch baking dish, add brown sugar and spread mixture evenly over bottom of dish. Pare and core the apples and cut each one in sections lengthwise. Set in rows in the butter-sugar mixture. Place a cherry in each corner and one in the middle. Cream shortening and sugar. Add flavoring and well beaten egg. Sift dry ingredients together three or four times and add alternately with milk. Pour this batter over the apples and bake in a moderate oven 40 minutes. Invert as soon as baked and when cool serve with whipped cream.

—Elvera Eliasson

APPLE BATTER PUDDING

½ cup brown sugar
1 egg
1 large tablespoon butter
1 cup flour
1 teaspoon baking powder
vanilla flavoring

Fill pudding dish with sliced apples. Flavor with nutmeg, and

sprinkle with ½ cup brown sugar. Mix egg, butter, flour, baking powder and vanilla and pour on top of apples. Bake till brown.

—Mrs. J. J. Swanson

APPLE COBBLER

2½ cups sliced apples
2 tablespoons butter
1 tablespoon flour
½ cup sugar
1 teaspoon cinnamon
1 teaspoon lemon juice
½ cup water

Slice apples into baking dish, sprinkle with flour, sugar and cinnamon. Dot with butter and pour the water and lemon juice into dish. If apples are dry, add more water then cover with crust.

Crust:
1½ cups flour
2 teaspoons baking powder
¼ teaspoon salt
4 tablespoons butter
1/3 cup milk
½ cup brown sugar

Sift flour, baking powder, salt. Rub butter in with tips of fingers. Add milk to make soft dough. Roll out to fit baking dish. Cut 2 or 3 dents to allow steam to escape. Bake in moderate oven 375° for 15 minutes. Cream ½ cup brown sugar and 2 tablespoons butter and spread over top of cobbler. Return to oven and bake for about 20 minutes longer (serves six).

—Mrs. Edwin Stephenson

CARAMEL DUMPLINGS

1 cup brown sugar
1 tablespoon butter
2 cups water
½ cup seeded raisins

Mix this all together and boil for 8 minutes. Pour in a well buttered baking dish and drop batter into it by spoonfuls.

Batter:
1 cup sugar
1 tablespoon butter
¼ teaspoon salt
½ cup milk
1 teaspoon baking powder
1 cup flour

Cream sugar and butter. Add the flour and baking powder sifted together, alternately with the milk. Use only enough milk to make a rather stiff batter. Bake in moderate oven 375° for about 30 minutes until dumplings are cooked. It is not necessary to serve a sauce, as this pudding forms its own. However, a small spoon of whipped cream gives a festive touch.

—Mrs. W. Halderson

FLUFF PUDDING

2½ cups milk
2 eggs
3 tablespoons cornstarch
3 tablespoons sugar
¾ cup crushed pineapple

Mix cornstarch and sugar in ½ cup hot milk. Add 2 cups hot milk. Stir until it thickens. When cooked fold mixture into beaten whites of eggs. Add pineapple and set to cool.

—Mrs. S. Palmason

FRUIT COCKTAIL

2 cups fruit for salads
6 marshmallows
1 orange

Drain off syrup from fruit. Soak marshmallows in syrup for 20 minutes. Dice fruit and arrange in 6 sherbet glasses. Place a marshmallow on top of each. Add juice of 1 orange to syrup and pour over fruit.

—Mrs. Paul Thorlakson

ANGEL DELIGHT

1 cup marshmallows (cut in quarters)
1 cup maraschino cherries
1 cup shredded pineapple (drained dry)
1 cup dates split in strips
½ cup broken walnuts
2 tablespoons fruit sugar
1 pt. thick cream
¼ teaspoon salt
3 drops vanilla

Whip cream very stiff. Add sugar

gradually, combine rest of ingredients in order given. Leave on ice till ready. Serve in sherbet glasses for dessert. Top with a cherry. Will serve 12 people easily. May be used as filling for baked pie crusts.

—Mrs. J. S. Gillies

PINEAPPLE MARSHMALLOW - CREAM

¼ lb. marshmallows
1 tablespoon sugar
1 can shredded pineapple
1 cup whipped cream

Cut marshmallows into small pieces with scissors. Put into a dish and cover with shredded pineapple. Add sugar to sweeten. Let stand in cold place. When ready to serve, add whipped cream to mixture. Serve very cold and garnish with a cherry.

—Mrs. L. E. Summers

TRIFLE

1 stale cake
boiled custard
jelly
whipped cream

Cut cake, without frosting, in cubes or small thin slices. Put a layer in a large serving dish or in individual dishes. Then add a layer of boiled custard, cubes of red jelly or strawberry preserves. Add coconut or nut meats if desired and then another layer of cake. Repeat this process until the dish is filled. Pile whipped cream on top and decorate with dabs of jelly. Let stand an hour or more in cool place to let the cake become moistened with the custard.

—Mrs. F. S. Frederickson

PEACH VELVET CREAM

1 can peaches drained and diced
¾ cup syrup from peaches
½ cup sugar
⅛ teaspoon salt
1/3 cup lemon juice
1 tablespoon unflavored gelatine
1 tall can carnation milk, chilled to ice crystal stage

Heat syrup, sugar, and salt together. Soften gelatine in lemon juice and dissolve in hot syrup. Cool until slightly thick. Whip carnation milk until stiff and fold in gelatine mixture and peaches. Pour into 2 quart mold and chill.

—Mrs. J. Gudlaugsson

FRESH PEACH MELBA

6 large peaches
½ cup sugar
¼ cup rice (boiled)
½ pint whipping cream
salt

Peel and slice peaches, sprinkle with sugar and let stand. Boil rice in 1 quart of salt water (have water boiling before adding rice), strain rice and let cool. Whip cream and fold in rice. Arrange in tall sherbet glasses, alternate layers of peaches and cream. If fresh peaches are not in season canned ones may be used. This serves six.

—Theodora Brandson Chevrier

PEACH WHIP

3 egg whites
6 tablespoons fine fruit sugar
¼ teaspoon salt
½ teaspoon almond extract
1 cup peach pulp

Add salt to egg whites and beat stiff. Add sugar gradually and beat until mixture stands in peaks and is very glossy. Peel and stone peaches and mash fine. (Canned peaches may be used). Fold 1 cup pulp into meringue and flavor with almond extract. Heap into sherbet glasses and serve with cold custard sauce.

Custard sauce
1 egg slightly beaten
2 tablespoons sugar
1 cup hot milk
½ teaspoon vanilla

Beat egg slightly with sugar and pour hot milk over this stirring until sugar is dissolved. Turn into double boiler and cook until mixture coats spoon. Remove from fire; flavor and chill.

Mrs. H. Einarson

URNEY PUDDING

½ cup butter
½ cup flour
¼ cup sugar
½ teaspoon baking soda
2 eggs
¼ teaspoon salt
1 large tablespoon strawberry jam

Sift flour, baking soda and salt together. Cream butter and sugar. Add eggs and strawberry jam, then the sifted flour. Turn into buttered dish and steam for an hour. Good with lemon sauce.

Lemon sauce
¾ cups sugar
¼ cup water
2 teaspoons butter
1 tablespoon lemon juice
2 tablespoons light corn syrup

Boil sugar, corn syrup and water in small saucepan for 5 minutes without stirring. Remove from heat add butter and lemon juice.

—Miss Isabel Greig

GRAHAM CRACKER DELIGHT

1 cup brown sugar
½ cup butter
1 cup coconut
1 egg, beaten
¾ cup currants (dates, raisins or walnuts may be used)
vanilla

Put teaspoonful of above mixture on top of graham cracker and put under broiler just long enough to brown, being careful not to burn. Note: These are very easily made and the filling will keep in the refrigerator for weeks at a time or may be used as a tart filling.

—Mrs. J. J. Sebastian

SPANISH CREAM

3 cups milk
1 tablespoon granulated gelatine
½ cup sugar (scant)
3 egg yolks
3 egg whites (well beaten)
½ teaspoon salt
1 teaspoon vanilla

Scald milk and gelatine then add sugar slowly. Pour some of this mixture on the slightly beaten egg yolks and then return to double boiler. Cook until mixture coats the spoon. Stir constantly. Remove from heat and add salt and flavoring. Fold in the well beaten egg whites. (Mixture will separate when cool).

—Florence Johannsson

CARROT PUDDING

1 cup brown sugar
1 cup minced suet
1½ cups raisins
1 cup minced carrot
1 cup grated potato
1½ cups flour
1 teaspoon soda
1 tablespoon lemon juice
¼ teaspoon each of cinnamon, cloves and nutmeg

Dissolve soda in warm water. Mix in order given. Can be made with or without spices. Steam 3 hours.

Mrs. Gales Johnson, Vancouver, B.C.

STEAMED CHOCOLATE PUDDING

½ cup butter
1 cup sugar
¾ cup milk
2 squares bitter chocolate (cover with ¼ cup water)
2 eggs (separate whites)
2 cups sifted flour (1 Swansdown, 1 pastry)
2 teaspoons baking powder
1 teaspoon vanilla

Cream butter and sugar, add egg yolks. Add flour, baking powder and dash of salt alternately with milk. Fold in egg whites, beaten. Last of all add bitter chocolate. Steam 2 hrs.

Sauce:
1 cup powdered sugar
1 egg, well beaten
2 tablespoons melted butter
1 cup whipping cream
flavor with vanilla

Beat egg well, add melted butter and powdered sugar gradually. Put in ice box. Before serving fold in whipping cream.

—Mrs. J. A. Pottruff

CHOCOLATE PUDDING

3 cups milk
2 squares chocolate (unsweetened)
2 eggs
¾ cup sugar
2 tablespoons cornstarch
¼ teaspoon salt

Cut the chocolate into the milk and heat until chocolate is dissolved. Mix sugar and cornstarch and salt, then add gradually to hot milk. Cook, stirring constantly, until mixture is thickened. Then add well beaten eggs and cook 2 minutes more. Cool and serve with cream or marshmallow sauce.

—Mrs. Victor Jonasson

ENGLISH PLUM PUDDING

2 cups brown sugar
2 cups suet
2 cups bread crumbs
3 cups raisins
3 cups currants
½ cup mixed peel
1 cup flour
3 eggs
1 teaspoon soda, salt, cloves, nutmeg
1 cup grated carrots
1 cup grated apples
1 cup apple cider

Mix all dry ingredients. Add carrots, apples and fruit. Then beaten eggs and cider. Put mixture in well greased bowls, over which place a piece of waxed paper. Over the wax paper tie a damp cloth. Steam for 4 hours.

Sauce:

¼ lb. butter
1 cup brown sugar
1½ to 2 tablespoons flour
2 cups boiling water
1 teaspoon vanilla

Melt butter and brown sugar together and brown slightly. Remove from stove. Add flour and mix well. Then add boiling water and put mixture on stove to boil for few minutes. Then add flavoring.

—Mrs. G. Finnbogason

PLUM PUDDING

4 eggs (beat yolks and add to milk, add whites last)
1 cup sugar
1 cup milk
1½ cups suet, chopped fine
½ lb. candied citron
½ teaspoon each mace, cinnamon, cloves and nutmeg
½ teaspoon salt
2 teaspoons baking powder
2 cups flour
1 cup currants
1½ cups raisins
½ cup nuts, chopped fine

Mix in usual way, place in bowl and steam 3½ to 4 hours

Sauce:

2 cups sugar
2 tablespoons cornstarch
2 cups boiling water
4 tablespoons butter
flavoring to suit

Mix sugar and cornstarch add water gradually, butter and flavoring. Boil 5 minutes, stirring constantly.

—Dr. H. G. McGraw

CHRISTMAS PUDDING

2 cups bread crumbs
1 cup flour
2 cups puffed raisins
1 cup currants
1 cup brown sugar
½ teaspoon soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1 cup chopped suet
½ lb. peel, chopped
½ cup molasses
juice of 1 lemon

Mix in order given and steam 3 hours. Can be kept indefinitely. Steam 1 hour before using.

—Mrs. J. Davies

SUET PUDDING

1 cup molasses
1 cup sour milk or buttermilk

1 cup chopped suet or ½ cup butter
1 cup raisins, 1 cup currants (or 2 cups raisins)
2½ cups flour
½ teaspoon salt, soda and spices
½-1 cup of mincemeat

Mix in order given. Mincemeat adds a delicious flavor. Steam about 2½ hours, or more.

—Margaret Stevenson

FROZEN DESSERTS

MARSHMALLOW DELIGHT

16 graham wafers crushed
16 marshmallows cut fine
½ cup cream
1 cup dates
1 cup walnuts
maraschino cherries

Cut marshmallows and pour cream over them, add dates, nuts and cherries (all chopped) and 1 cup of the wafers. Roll into a roll and roll in remainder of graham wafers. Chill over night. Cut in slices and serve; or serve in sherbets with whipped cream.

—Mrs. E. Montague

SNOW PUDDING

¼ box gelatine or
1 tablespoon gran. gelatine
¼ cup cold water
1 cup boiling water
1 cup sugar
¼ cup lemon juice
whites of 3 eggs

Soak gelatine in cold water, dissolve in boiling water. Add sugar, and lemon juice, strain and set in cool place, occasionally stir mixture and when quite thick beat until frothy. Add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Serve plain or with boiled custard. An attractive dish may be prepared by coloring half the mixture with fruit red.

—Mrs. H. H. Eager

LIME FRUIT WHIP

1 pkg lime jelly powder
½ cup boiling water
1¼ cups ginger ale
1 cup well drained, crushed pineapple
1 large banana, or 2 small ones
1 teaspoon lemon juice
2 egg whites

Dissolve jelly powder in boiling water. Add ginger ale and set aside to cool. When nearly set, whip until light and fluffy. Fold in egg whites, which have been beaten stiff but not dry. Cool until you have fruit ready. Drain pineapple, peel bananas and dice in very small pieces. Mix with pineapple and add lemon juice and mix well. Fold into whipped jelly mixture, blending thoroughly. Pile into individual sherbet glasses or one large dish and chill until well set.

Serve with whipped cream.

—Mrs. R. Gislason

STRAWBERRY SPONGE

1 envelope gelatine (6 servings use only ¼ pkg).
¼ cup cold water
½ cup hot water
¼ teaspoon salt
2 egg whites
1/3 cup sugar
1 tablespoon lemon juice
1 cup strawberry juice and pulp, canned or frozen
½ cup cream, whipped, or evaporated milk, whipped

Crush strawberries. Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add this to strawberries and lemon juice. Cool and when mixture begins to thicken, fold in whipped cream and the stiffly beaten egg whites. Turn into glasses and chill. Serve garnished with berries.

—Mrs. L. Matthews

ORANGE NUT WHIP

1 cup whipping cream
Fold in 1 cup rolled peanut brittle.
2 teaspoons icing sugar
1 cup cut oranges
Chill. Serve in sherbet glasses.

—Hrefna B. McRae

WHIPPED CREAM PUDDING

Peel 4 bananas, mash and rub through sieve; add pulp and juice of 2 oranges, 1 tablespoon lemon juice, 2/3 cup powdered sugar and 1¼ tablespoons granulated gelatine dissolved in ¼ cup of boiling water. Cool in ice water, stirring constantly, and fold in 2 cups of whipped cream.

—Mrs. Ben Baldwin

CHOCOLATE ICE BOX CAKE

30 lady fingers
⅜ lb. sweet chocolate
3 tablespoons sugar
3 tablespoons water
4 egg yolks
4 egg whites
1 teaspoon vanilla
½ pt. whipped cream

Line a loaf bread tin with oiled paper. On this place a layer of lady fingers. Melt the chocolate in a double boiler, add sugar, water and beaten egg yolks. Cook until smooth, stirring constantly. When cool add the stiffly beaten egg whites. Pour one half the filling over the layer of lady fingers, add another layer of lady fingers, then the remaining filling. Place the third layer of lady fingers on top and set in ice box for 12 hours. When ready to serve, slice crosswise, cover with whipped cream and chopped nuts.

—Mrs. John Davies

FROZEN ORANGE CREAM DESSERT

26 marshmallows
1 cup orange juice
½ pint whipping cream

Heat orange juice, remove from burner and stir in the marshmallows. Fold in whipped cream and turn into freezing trays. After the mixture has frozen ¾ hour, stir thoroughly and freeze 4 hours. Pile lightly in sherbet glasses.

—Mrs. C. Carswell

MAPLE MOUSSE

1½ cup maple syrup
4 egg yolks
1 tablespoon gelatine soaked in a little cold water

Cook above ingredients in double boiler, stirring constantly until it coats spoon. When cool add 4 egg whites beaten stiff, and 1 pint whipped cream. Pour into mold and freeze.

—Mrs. F. H. Deeks

CANTALOUPE FREEZE

1 large ripe cantaloupe
4 ripe peaches

Scoop out the ripe pulp from the melon and cut into cubes. Peel the peaches and slice thin. Add ½ cup orange juice, and 2 tablespoons lemon juice, sweeten with fruit sugar to taste. Pack in freezing tray to freeze for 2 hrs. Serve heaped high in tall, slender glasses, top with whipped cream.

—Adele Chalmers

PRUNE WHIP

1 pkg. orange jello
1 pt. warm water
¼ teaspoon salt
1½ cups stewed prune pulp
4 tablespoons sugar

Dissolve jello in warm water. Add salt. Chill until cold and syrupy. Place in bowl of cracked ice or ice water, and whip with rotary egg beater, until fluffy and thick like whipped cream. Fold in prune pulp, sugar. Pile lightly in sherbet glasses. Chill until firm. Serve with custard. Serves six.

—Mrs. Rosa Johannesson

BANANA SPONGE PUDDING

½ envelope gelatine dissolved in
¼ cup cold water

1 cup of banana pulp
juice of 1 lemon
½ cup of sugar
whites of 2 eggs beaten stiff
1 doz. chopped almonds (optional)

Cook banana pulp, lemon juice and sugar until it begins to boil. Add gelatine and stir until dissolved. Cool and when it begins to set fold in beaten egg whites. Mold and chill. Serve with thin custard.

—Mrs. J. B. Johnson

ORANGE SPONGE

1/3 box gelatine (1½ tablespoons)
1/3 cup cold water
1/3 cup boiling water
1 cup sugar
1 cup orange juice and pulp
juice of 1 lemon

When starting to set, add 3 egg whites well beaten. Beat 20 minutes with flat beater.

—Mrs. Paul Johnson

PINEAPPLE CHARLOTTE

1 can crushed pineapple
¼ lb. marshmallows
2 cups whipped cream
pecans and walnuts

Combine marshmallows (quartered) and pineapple, drained from its liquid. Let stand 6 hours, or over night. Before serving, fold in cream and add the nuts. Top with maraschino cherry.

—Mrs. I. Bergsteinson

PINEAPPLE CREAM

1 pkg. of pineapple jelly powder
1½ cups boiling water
1 cup crushed pineapple
1 small can evaporated milk

Dissolve jelly powder with boiling water. When beginning to jell, whip jelly. Fold in pineapple and evaporated milk. Turn into mould and set.

—Mrs. Finnur Johnson

PINEAPPLE - ORANGE DESSERT

Dissolve 1 pkg. orange jello in 1 cup boiling water. Cool and beat until foamy. Add 1 small can crushed pineapple, ¾ cup sugar. Beat all and cool. Add juice of 1 orange and 1 cup whipped cream. Cool and serve.

—Mrs. H. Johnson

FRUIT MOUSSE

1 pint whipping cream
fruit (fresh or canned)
2 teaspoons fruit sugar

Whip the cream until fairly stiff. Add the fruit you wish to use and the sugar. Put this in tray and freeze. Chopped nuts may be added if desired. The following canned fruits may be used; strawberries, raspberries, pineapple or any fresh fruit in season. This makes six servings.

—Mrs. R. Black

STRAWBERRY ICE CREAM

Stem and clean 1 qt. strawberries. Wash and drain. Add 2 cups white sugar. Stir frequently so sugar will dissolve. Whip 1½ pts. cream and add 2 eggs beaten stiff. Add berries to this mixture and fill refrigerator trays. Stir 2 or 3 times shortly after filling trays.

—Louise Freemanson Fenton

PLAIN VANILLA ICE CREAM

1 egg
1 cup cream
1 teaspoon vanilla
1/3 cup confectioner's sugar
pinch of salt

Beat egg with sugar and salt until real thick, takes 5 to 8 minutes. Combine with whipped cream, add vanilla and freeze.

—Mrs. H. Thompson

BANANA ICE CREAM

1 banana
1 cup milk
juice 1 orange
¾ cup sugar
juice 1 lemon
1 cup cream

Mash banana and sugar to smooth paste, add fruit juices and cup of milk. Blend thoroughly, put in freez-

ing tray and freeze to mush, then fold in the whipped cream. Return to tray and complete freezing.

—Mrs. H. Thompson

CUSTARD ICE CREAM

2/3 cup sugar
1 teaspoon vanilla
2 tablespoons corn starch
1 cup whipping cream
2 cups milk
3 eggs
dash of salt

Scald 1½ cups milk and all but 2 tablespoons sugar in top of double boiler. Mix corn starch, salt, then moisten with ½ cup cold milk. Add to hot milk and cook for 25 minutes, stirring occasionally. Beat 3 egg yolks and one white. Add the hot custard, return to the double boiler and cook for 5 minutes. Chill over ice cubes and water. Whip 2 egg whites until stiff and beat in the 2 tablespoons sugar. Add the vanilla and finally the cream which has been whipped until thick but not stiff. Freeze without stirring with temperature selector turned to No. 1. When frozen reset to No. 3 or 4. Serves 6 or 8.

—Mrs. B. Hendrikson

PINEAPPLE DESSERT

Drain juice from one can crushed pineapple. Separate 6 eggs and beat yolks till light and creamy. Add one cup sugar and beat well. Add pineapple and gelatine which has been soaked in ½ cup cold water and melted over hot water.

Beat egg whites to stiff froth and add to first mixture when it begins to thicken. Put in ice box to set. This should be made 3 or 4 hours before using. Serve with whipped cream.

—Mrs. B. J. Brandson

PEACH SHERBET

1 qt. water
2 cups sugar

Make syrup. Cook 20 to 30 minutes. Add 2 cups crushed peaches. Whip 1 pt. cream, whites of 2 eggs beaten stiff. Put all together and freeze.

—Mrs. Stokes

FRUIT ICES IN SHERBET

Boil 2 cups of sugar and 2 cups of water until syrup. Add juice of 2 lemons. This forms foundation for any fruit ice.

Add 1 dozen mashed peaches for peach ice.

Add 1 box mashed strawberries for strawberry ice.

Add 1 box of mashed raspberries for raspberry ice

Add 1 can grated pineapple for pineapple ice — and so on.

When nearly frozen, add one pint cream which makes richer syrup.

—Mrs. Stokes

MOLDED FRUIT SALAD

2 tablespoons gelatine
1 cup cold water
1 cup boiling water
2/3 cup peach syrup
juice of 1 lemon
juice of 2 oranges
¼ cup slivered almonds
2/3 cup sugar
¼ can peaches
1 small banana
3 - 4 chopped marshmallows
few grains of salt
1 can drained strawberries

Soak gelatine in cold water, dissolve in boiling water, add sugar, juices and salt. Chill. When starting to set, add prepared fruits. Turn into large greased or oiled mold. Chill until firm. Unmold and garnish with whipped cream and strawberries.

—Mrs. E. Montague

JELLIED PEACHES AND CREAM

1 pkg. orange jello
2 cups hot liquid (peach syrup and water)
¼ teaspoon almond extract
dash of salt

1/3 cup cream, whipped
1 cup drained, canned, sliced peaches

Dissolve jello in hot liquid. Add flavoring and salt. Place 1/3 cup of mixture in 1 qt. mold. Chill until firm. Fold whipped cream into ½ cup of remaining jello and pour over firm jello in mold. Chill until firm. Add peaches to remaining jello and chill until slightly thickened. Turn out over firm jello and chill until firm. Unmold. Garnish with additional sliced peaches.

—Mrs. A. McDonald

PINEAPPLE DELIGHT

½ lb. crushed arrowroot biscuits

Save nearly ½ of this mixture and line pan with remainder. Cream ½ cup butter, add 1½ cups icing sugar. Add 2 well beaten eggs. Mix until smooth and put on top of cookie mixture. Whip 1 pt. of cream until stiff, sweeten and add 1 teaspoon vanilla. Add 1 tin of crushed pineapple, well drained. Put this on top of mixture in pan, sprinkle with remainder of biscuits place in cool place and chill.

—Mrs. E. G. Sigurdson

CANDY

CALICO FUDGE

1½ cups white sugar
¾ cup brown sugar
2 tablespoons peanut butter
1 tablespoon corn syrup
2/3 cup milk
2 tablespoons butter

Boil sugar, milk and corn syrup to soft ball stage (238°F.). Add butter and peanut butter. Beat and pour into pan over 1 package marshmallows which have been cut into pieces.

—Ingibjorg Bjarnason

CHOCOLATE FUDGE

1 cup white sugar
1 cup brown sugar
¼ cup syrup
½ cup sweet milk
¼ cup melted butter

Boil 2½ minutes, then add 2 teaspoons cocoa. Boil 5 minutes longer, then take from stove and add 1 teaspoon vanilla. Beat till creamy, then pour in buttered pan and mark in squares.

—Mrs. F. Dalman

CREAMY CHOCOLATE FUDGE

4 tablespoons cocoa
1 cup white sugar
1 cup brown sugar
⅛ teaspoon salt
1 cup table cream (or canned milk)
1 tablespoon corn syrup (optional)
1 tablespoon butter
½ teaspoon vanilla

Mix together dry, cocoa, sugars and salt, add the cream, corn syrup and butter. Bring to boiling point while stirring and boil gently, until a few drops in cold water will form a soft ball.

Remove from heat, add vanilla and place saucepan in cold water for 4 minutes only. Remove from cold water and beat until mixture thickens and loses its glossy appearance (about 5 minutes). Spread in buttered pan. Do not stir mixture while it is standing in cold water.

—Mrs. S. J. Perkins

CHOCOLATE FUDGE

1 cup brown sugar
1 cup white sugar
¾ cup milk
2 tablespoons corn syrup
2 squares unsweetened chocolate
3 tablespoons butter
1 teaspoon vanilla

Place sugars, milk, syrup into saucepan. Chop chocolate and add. Cook slowly, stirring constantly, until

mixture boils. Continue cooking, stirring occasionally to soft ball stage. Remove from heat, add butter without stirring. Cool to lukewarm. Add extract. Beat until creamy. Pour into greased pan. Makes 1¼ lbs.

—Judith McNeil, Windsor, Ont.

FUDGE

1 cup granulated sugar
1 egg
1 square chocolate (or 2 tablespoons cocoa)
3 tablespoons cream
small piece butter

Mix thoroughly. Bring to rolling boil. Take off; add 1 teaspoon vanilla. Beat until stiff.

—Mrs. Willard Anderson

DIVINITY FUDGE

1½ cups granulated sugar
1/3 cup corn syrup
⅜ cup boiling water
1 egg white
¼ cup chopped nuts
vanilla

Put sugar, syrup and water in saucepan. Heat slowly, stir until sugar is dissolved. Boil to firm ball stage then cool slightly. Beat egg white stiff and gradually add the mixture. Continue beating until it thickens. Add nuts and pour into a buttered pan.

—Florence Johannsson

DIVINITY FUDGE

2 egg whites
2½ cups granulated sugar
½ cup hot water
½ cup corn syrup
1 teaspoon vanilla
Few drops almond extract
½ cup chopped walnuts, almonds, or
½ cup preserved ginger

Boil sugar, syrup and water to soft ball stage. Pour half the mixture on the beaten egg whites. Beat well, let the remainder of the syrup boil until the hard ball stage. Then pour over the mixture and continue the beating. When it thickens, add the nuts or ginger. Pour into greased pan.

—Mrs. Harvey Smith

MARSHMALLOWS

2 tablespoons gelatine
½ cup boiling water
4 tablespoons cold water
1½ cups granulated sugar
vanilla, lemon and almond flavoring to make 1 teaspoon

Soak gelatine in cold water, dissolve in boiling water. When thoroughly dissolved, add the sugar and flavoring. When sugar is dissolved, test with thumb and finger. Beat until thick and foamy (the more it is beaten the better it is) and of a consistency to pour. Pour into a wet mould. When cold cut into squares. Roll in mixture of sugar and cornstarch. Mixture may be colored with coloring material.

—Mrs. Harvey Smith

PEANUT BRITTLE

1 cup sugar
1½ cups unshelled peanuts

Shell peanuts, remove brown skin and chop fine. Put the sugar into a frying pan and heat, stirring constantly until melted to a syrup. Add peanuts, mix thoroughly and turn out on a buttered sheet. Mark in squares before it hardens.

—Mrs. Harvey Smith

FONDANT

3 cups sugar
1 cup water
¼ teaspoon cream of tartar

Put sugar and water into a large saucepan, set over the heat and stir until the sugar dissolves thoroughly. Stop stirring and wash down the insides of the pan with a small brush. When syrup begins to bubble add cream of tartar, do not stir. Continue the boiling without stirring until it forms a soft ball in cold water or

registers 238° F. on the thermometer. Remove from the heat at once, allow to stand 4 minutes or until air bubbles have ceased, then pour into a large wet platter. The syrup should not be deeper than 1½ inches. Set in a cool place and when cool enough to hold platter on the palm of the hand, cream with a wooden spoon. Turn sugar backward and forward until the whole mass becomes white and opaque. Knead till smooth and free from lumps. Wet and wring a small towel, place it over the fondant and allow it to remain there for at least an hour. Remove cloth and knead dough. Keep in air-tight jar.

—Mrs. Harvey Smith

STUFFED DATES

Wipe dates and make a cut along their entire length. Remove stone and fill each date with ½ English walnut. Press lightly and dip in melted chocolate fondant.

—Mrs. Harvey Smith

CHOCOLATE FONDANT FOR DIPPING

1 cup fondant
1 oz. chocolate
Melt in double boiler.

—Mrs. Harvey Smith

PEPPERMINT CREAMS

1 egg white
icing sugar
peppermint extract
food coloring

To the white of an egg add icing sugar until mixture is just stiff enough to work. Add peppermint extract to taste. Divide mixture into two or three parts and add food coloring, making each part a different color. Spoon mixture to a cooky pan covered with wax paper then flatten and mark with a fork. Place candy in refrigerator for at least 12 hours.

—Mrs. F. C. Benjaminson

CHOCOLATES

Filling:

3 lbs. icing sugar
1 can Eagle Brand milk (minus 2 tablespoons)
2 tablespoons Lily White syrup
¼-inch slice off lb. of butter
flavor as desired
add cherries, nuts if desired

Mix with hands, add more sugar if necessary, until mixture loses shininess.

Dip:

Put 8 cubes semi-sweet chocolate with ½ cake parowax in a double boiler and melt—do not boil. Dip candies from a tooth pick and place on wax paper.

—Mrs. A. Sigurdson, Hornepayne, Ont.

SNOW BALLS

1 small boiled potato
¼ teaspoon salt
1 teaspoon vanilla
4½ cups sifted confectioner's sugar (approx.)

Mash potato fine and add sugar, salt and vanilla. Mix well and form into small balls.

Fudge Coating:

½ cup granulated sugar
¼ cup cocoa
¼ teaspoon salt
3 tablespoons milk
2 tablespoons shortening
½ teaspoon vanilla
chopped nut meats and coconut

For fudge covering combine sugar, cocoa, salt and milk in top of double boiler. Stir over heat until sugar has dissolved. Then add shortening and vanilla. Boil for 1 minute or until soft ball in cold water stage is reached. Beat until thick enough for coating. Place filling on toothpick and dip in fudge coating, then in coconut. Allow to harden.

—Dolores Eylands

CARAMELS

1 cup granulated sugar
1 cup light corn syrup
½ teaspoon salt
1 cup light cream
1½ tablespoon butter
1 teaspoon vanilla

Put the sugar, corn syrup, cream, butter and salt in saucepan over low heat and cook, stirring constantly until sugar is dissolved. Then bring to a boil and cook without stirring until a little of the syrup, when dropped into cold water, forms a firm ball. Add vanilla and pour into buttered pan. When cold, mark in squares.

—Mrs. H. Hornford, Elfros, Sask.

BUTTERSCOTCH

1 cup brown sugar
2 tablespoons corn syrup
½ cup water
1 teaspoon salt
3 tablespoons butter
2 drops lemon extract

Put sugar, corn syrup, and water into saucepan; cook, stirring until sugar is dissolved. Continue cooking without stirring until candy reaches temperatures of 250° F. (firm ball stage). Add butter and cook to 300° F. (crack or brittle stage), stirring to prevent burning. Remove from heat, add flavoring and pour into thin sheet. Mark while warm in squares.

—Joanna McNeil, Windsor, Ont.

TURKISH DELIGHT

4 tablespoons gelatine
2 cups sugar
1 orange
1 lemon

Soak the gelatine in 2/3 cup of cold water. Make a syrup of the sugar and 2/3 cup hot water; then add gelatine and cook slowly 20 minutes, stirring occasionally. Add grated rind of orange and juice of orange and lemon. Wet a mould with cold water. Pour in the mixture to the depth of 1 inch. When firmly set, turn out, cut in cubes and roll in fruit sugar, mixed with half as much cornstarch.

—Mrs. G. Tilley

MARZIPAN POTATOES

½ lb. shelled almonds
½ lb. icing sugar
1 beaten egg white
1 teaspoon almond flavoring

Put almonds through meat grinder. Do not blanch. Then mix all ingredients well. Roll into small balls, drop into cinnamon and let stand for a while to harden.

—Mrs. P. J. Finnbogason

CREAMY OVERSEAS FUDGE

4 cups brown sugar
2 teaspoons baking powder
4 tablespoons flour
Butter size of an egg
1 teaspoon vanilla
½ to ¾ cup milk

Mix ingredients together except vanilla. Boil slowly and keep stirring it all the time until mixture forms a soft ball when tried in cold water. Add nuts and vanilla and beat until creamy. Pour into buttered pans.

—Mrs. Elin Jonasson

MEXICAN CANDY

1 cup granulated sugar
1½ cups sweet cream
2 cups sugar
2 oranges (rinds grated)
½ cup butter
1 cup nuts

Melt 1 cup of sugar in a large kettle while the cream is cooking in a double boiler. When sugar is melted to a rich yellow add hot scalded cream all at once, stirring constantly. Add the 2 cups of sugar to this mixture, stirring until dissolved. Cook until it forms almost a hard ball in water. Just before it has cooked enough, add grated rind, salt, butter and nuts. Cook a little and beat until creamy.

—Esther B. Freeman, Minneapolis

CANDIED ORANGE OR GRAPEFRUIT PEEL

rind of 3 large oranges or
rind of 2 grapefruits
1 cup sugar
½ cup water

After the rind has been soaked drain and cover with cold water. Bring slowly to a boil and drain again. Repeat this until there is no salty taste. Then cover with water and cook steadily until the rind is very tender. Remove and scrape the inside of the rind to remove any of the bitter white part. Then cut with the scissors into narrow strips. Bring the water and sugar to a boil and add the peel. Cook gently until it has absorbed almost all the syrup. Let it cool in the syrup, then reheat slowly and lift the peel out, drain and roll in granulated sugar. This will keep indefinitely if stored in a airtight container and is even nicer after 2 or 3 weeks. Instead of rolling in sugar, the peel may be dipped in melted chocolate after it has been drained out of the syrup. This is especially nice if it is to be used as a confection.

—Carol Feldsted

SALADS and SALAD DRESSINGS

CHICKEN SALAD

2½ cups coarse diced cooked or canned chicken
1 cup fine diced celery
3 tablespoons french dressing
mayonnaise
lettuce or cress

Combine the chicken, celery and french dressing. Chill 30 minutes. Add mayonnaise to blend. Arrange for serving on the salad green with a garnish of mayonnaise. Top with capers sliced, sliced stuffed olives or sprigs of parsley.

— Mrs. H. Freeman

SALAD COMBINATIONS

(All served on crisp lettuce)

1. Pineapple, dates, cream cheese, mayonnaise with cocoanut sprinkled on top.
2. Alternate slices of orange and tomato, french dressing.
3. Half pear with cottage cheese, strips of pimento, french dressing.
4. Pineapple, marshmallows and nuts.
5. Asparagus, tomato, french dressing.
6. Oranges, prunes, stuffed with nuts and mayonnaise.
7. Mixed vegetables.
8. Grated carrots, grated apple, seeded raisins, lemon juice and mayonnaise.
9. Salmon (flaked) diced celery, french dressing, cress.
10. Celery stalks, stuffed with peanut butter creamed with mayonnaise and chili sauce. Cut into ½ inch pieces and in nests of lettuce.

French Dressing:
3 tablespoons salad oil
1 tablespoon vinegar
1/3 teaspoon salt
few grains pepper and paprika

Beat thoroughly until emullified, some like to rub bowl with onion or clove of garlic. Be sure to shake well before using.

—Mrs. I. Bergsteinson

PINEAPPLE SALAD

1 tin pineapple
4 bananas
½ lb. marshmallows
1 egg
1 cup whipping cream
1 tablespoon flour
3 tablespoons sugar
cherries and walnuts to decorate

Mix the beaten egg, sugar and

flour and pour the pineapple juice over it and boil, stirring all the time until thick; set outside to cool. Cut up pineapple slices and marshmallows and last bananas. Whip cream and mix the fruit and the dressing, pile on lettuce leaves and decorate with a cherry and walnuts. This serves 10 to 12.

—Mrs. B. E. Johnson

PINEAPPLE AND MARSHMALLOW SALAD

1 can sliced pineapple
½ doz. bananas
½ cup salad dressing
½ lb. marshmallows
1 bottle whipping cream

Slice bananas into round slices, drain pineapple and cut into ¼ slices. Cut marshmallows into half. Mix all in one bowl. Just before using whip cream and mix in salad dressing. Then fold fruit in and serve on lettuce leaves or without if preferred. This will serve 12.

—Mrs. B. A. Lennox

MARSHMALLOW SALAD

1 cup white cherries
1 cup cubed pineapple
¼ lb. walnuts
¼ lb. marshmallows

Serve with whipped cream or with salad dressing as preferred.

—Miss M. Hermann

ROSY APPLE SALAD

4 or 5 large apples
1 cup water
1 cup white sugar
1 teaspoon cinnamon
pinch salt
red food coloring

Boil water, sugar, cinnamon and salt together for 5 minutes. Add food coloring to make syrup red. Pare and core apples. Cut in round slices. Boil in syrup until tender, then put in a moderate oven for 10 or 15 minutes. Chill and serve with pork.

—Inga Benjaminson

JELLIED VEGETABLE AND CHICKEN LOAF

1 cup cooked chicken chopped
1 cup asparagus cooked and diced or
1 cup peas cooked
1 cup celery or cabbage chopped
1 pimento finely chopped
1¾ cups boiling chicken stock or canned chicken soup
3 tablespoons vinegar
½ teaspoon salt
½ teaspoon mustard
1 package lemon jelly powder

Dissolve jelly powder in boiling stock. Add vinegar, salt and mustard. When slightly thickened fold in remaining ingredients. Turn into loaf mould. Chill until firm. Unmould. Serves 6.

—Mrs. S. Anderson

SALMON SALAD

2½ cups cold salmon
12 sweet gherkins
½ teaspoon salt
1½ cups celery (cut in pieces)
3 tablespoons lemon juice
½ teaspoon paprika

Flake the salmon discarding skin and bones. Add celery, lemon juice, salt and paprika. Stand in refrigerator to chill. Mix with enough cooked salad dressing to moisten well. Serve on any crisp salad greens and garnish with the gherkins.

—Mrs. F. Halderson

CRANBERRY SALAD

1 tablespoon Cox's gelatine
1¾ cups cold water
3 cups cranberries
¾ cup sugar
1 teaspoon lemon juice
1 cup chopped celery
1 cup chopped apple
½ cup broken walnut meats

Soften gelatine in ¼ cup cold water. Combine cranberries with rest of cold water and cook ten minutes. Strain, add sugar to juice, bring to boiling point and skim. Pour over gelatine. Chill. When partially con-

gealed add remaining ingredients. Pour into wet mould and chill. Serve with roast fowl. Serves 6.

—Mrs. R. Mellon Freeman

CARROT SALAD

2 cups chopped carrots
½ cup finely chopped nuts
1 cup celery
½ teaspoon salt

Mix thoroughly. Serve dressing separately. Serves 6.

—Mrs. Laura Shaver

LETTUCE ROLL SALAD

1 package cream cheese
½ cup ground cooked ham
2 tablespoons chopped pickle
mayonnaise
6 large leaves of lettuce

Mash cheese and mix thoroughly with ham and pickle. Spread a thin layer of this mixture on each leaf of lettuce. Form into rolls and chill. Cut into one inch lengths and place three or four of these rolls on a leaf of lettuce. Serve with boiled dressing.

—Mrs. D. Gordon, Selkirk, Manitoba

POTATO SALAD

2 cups cold diced potatoes
1 cup celery cut fine
½ cup boiled dressing
1 small onion minced
2 hard boiled eggs cut fine

Mix and serve on crisp lettuce garnish with chopped parsley and slices or wedges of hard-boiled eggs. Potatoes cooked in their skins and peeled afterwards make the best flavoured, most nutritious salad. Serves 6.

—Mrs. E. Hallson

TOMATO AND COTTAGE CHEESE SALAD

6 medium sized tomatoes
salt and pepper to taste
1½ cups cottage cheese

Moisten the cottage cheese with a little cream, and season with salt and pepper. Cut the tomatoes into quarters or eighths to within half an inch from the stem. Spread the sections and sprinkle with salt. Place ¼ cup of cottage cheese in each tomato. Garnish with sprigs of parsley or slices of green pepper. Serve with salad dressing.

—Mrs. O. Anderson

GREEN PEPPER SALAD

3 large green peppers
1 cup cottage cheese or 1 package
cream cheese
1 cup dates
1 cup nut meats
3 tablespoons salad dressing
½ teaspoon salt

Stone and chop dates, chop nuts. Mix with cheese adding salad dressing and salt. Pack peppers with mixture. Chill. Cut crosswise in thin slices. Allow three slices for each serving. Serve on lettuce with boiled dressing.

—Mrs. R. Vopni

TOMATO SOUP JELLY SALAD

1 lemon jelly powder
1 tin tomato soup
1 green pepper
1 small onion (cut fine)
1½ cups celery (cut fine)
½ cup almonds
1 cup cottage cheese

Prepare jelly as directed on package. Mix with other ingredients. Pour into wet mould. Chill. Serves 6.

—Mrs. J. Lailey

SHRIMP SALAD

1 can shrimps
4 hard boiled eggs (diced)
½ cup walnuts (broken)
1 cup celery (chopped fine)

Serve on lettuce leaves with mayonnaise.

—Mrs. T. Hanneson

SHRIMP SALAD

4 hard boiled eggs
1 can shrimps
1½ cups celery (chopped fine)

Dressing:
2 eggs well beaten
2 tablespoons butter
1 small teaspoon salt
2 teaspoons prepared mustard
½ teaspoon pepper
4 large tablespoons vinegar

Boil until thick. Add ½ cup whipped cream.

—Mrs. Wm. Fridfinnson

CRABMEAT SALAD

1 tablespoon gelatine
½ cup cold water
1 cup pineapple juice
1 lemon (juice)
1 can crab meat
1 cup white cream or cottage cheese
1 cup whipping cream
pinch of salt

Soak gelatine in cold water, dissolve in hot pineapple juice. Add lemon juice. When chilled and partly set mix in crab meat and fold in cream, whipped and blended with creamed cheese. Pour into individual moulds and chill. Serve on slices of pineapple. Garnish with lettuce and sections of grapefruit.

—Mrs. G. Burgess

COLE-SLAW
(Sour Cream Dressing)

4 cups shredded cabbage
Let stand for ½ hour in cold water.

Mix together one cup thick sour cream and two tablespoons sugar. Remove cabbage from water, drain well. Add two tablespoons vinegar to the cream and immediately combine with shredded cabbage.

—Madeline Gordon, Selkirk, Man.

HAM AND CELERY SALAD

1¾ cups warm water
1 lime jelly powder
¼ cup vinegar
2 teaspoons salt
1 cup chopped ham
1½ cups chopped celery
2 tablespoons minced onion
2 or 3 pickles, chopped

Dissolve jelly powder with the warm water. Add vinegar and salt and chill. When slightly thickened add remainder of ingredients. Serve on lettuce leaf with salad dressing, garnish with tomatoes.

—Mrs. Wm. McNeil

COOKED SALAD DRESSING

4 eggs
¾ cup white sugar
1 cup vinegar
1 cup cold water
2 tablespoons dry mustard
1 teaspoon cornstarch
pinch of salt

Mix all ingredients and cook in double boiler until thickened.

—Mrs. J. R. Johnston

BOILED DRESSING

½ cup vinegar
2 tablespoons flour
2 tablespoons sugar
2 tablespoons butter
1 level tablespoon mustard
1 teaspoon salt, dash of pepper

Mix well. Cook the mixture in double boiler until it thickens, stirring constantly to keep it smooth. Cool and then add 1 cup of cream gradually or fold in whipped cream just before using.

MAYONNAISE DRESSING

1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
2 egg yolks (well beaten)
½ teaspoon vinegar
1 cup olive oil
few grains of cayenne

Mix together mustard, salt, powdered sugar, cayenne, egg yolks and when blended add vinegar. Add olive oil gradually, drop by drop beating

constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil and vinegar or lemon juice alternately until all is used stirring or beating constantly. A dover egg beater may be used. It is well to have the bowl sitting in a dish of cracked ice or ice water.

VARIATIONS FOR MAYONNAISE OR BOILED DRESSING

Thousand Island Dressing:

Add ¼ cup chili sauce, 2 tablespoons green pepper, 2 tablespoons chopped olives to recipe for boiled dressing or mayonnaise.

Russian Dressing:

Equal quantities of chili sauce and plain salad dressing.

Horseradish Dressing:

Add 2 tablespoons horseradish to 1 cup plain dressing (use on meat or beet salad).

Club Dressing:

Add 2 tablespoons chopped raisins, 1 tablespoon chopped nuts, 6 chopped maraschino cherries to 1 cup plain dressing.

—Isabelle Greenwood

SALAD DRESSING (UNCOOKED)

1 tin Eagle Brand Milk
½ cup vinegar
½ cup melted butter
1 teaspoon salt
2 teaspoons mustard
2 egg yolks

Put in quart bottle and shake well until thickened.

—Mrs. F. Halderson

COOKED SALAD DRESSING

2 cups white sugar
1 tbsp. mustard
1 tbsp. corn starch (heaping)

Mix dry ingredients well. Stir in 4 beaten eggs, 1 cup white vinegar, 1 cup water. Put in double boiler and cook until thick. Then add ½ cup butter. Stir well. This makes nearly one quart of dressing.

—Mrs. Olgeir Frederickson

CREAM SALAD DRESSING (UNCOOKED)

½ cup heavy sweet cream
3 tsp. sugar
1 tsp. mustard
Vinegar or lemon juice

Beat cream until stiff: add mustard, sugar and vinegar or lemon juice to suit taste. Beat again and it is ready for use.

—Mrs. C. Hallson

FRUIT SALAD DRESSING

2 eggs
½ tsp. salt
½ cup whipped cream
4 tbsp. sugar
2 lemons

Beat eggs until light. Add salt and lemon juice and sugar. Stir over boiling water until thick, cool, fold in cream just before serving.

—Annabelle Halderson, Vancouver, B.C.

FRENCH DRESSING

1 cup olive oil
¼ cup vinegar
⅛ tsp. paprika
½ tsp. salt
1 tsp. sugar

Put ingredients in screw top jar. Shake well before using. Keep in refrigerator and shake each time it is used.

Variations:

For variations to above recipe add ¼ cup ketchup or 4 tbsp. roquefort cheese or 4 tbsp. red and green peppers finely chopped or 2 tbsp. finely chopped parsley.

—Mrs. S. Perkins, Selkirk, Man.

SANDWICHES and SANDWICH FILLINGS

BASKETS

Slice sandwich loaf bread thin, cut off crusts. 2 slices for each basket. Arrange slices in muffin tins overlapping 2 corners in bottom of tin. Press slices firmly with ends extending. Spread slices with soft butter and brown in slow oven until light brown and crisp. Fill with any creamed dish and serve extremely hot.

Baskets can be made beforehand and then reheated.

—Mrs. P. J. Finnbogason

OPEN SANDWICHES ON ROUND PUMPERNICKEL BREAD

Cut bread in large round slices. On slice place fillings all around in rainbow fashion. Start with salmon, next white cheese, next chopped black olives then chopped egg mixture and slice of tomato in centre. Cut in small triangular sections.

—Miss G. Kaplan

EGG AND CHEESE SANDWICHES

4 hard boiled eggs
½ box creamed cheese
mayonnaise

Mix eggs and cheese as well as possible. Cut ½ inch slices of bread: 2 slices of white bread 1 slice of brown bread. Butter white bread on one side but brown bread on both sides. Spread mayonnaise on after butter, then spread egg and cheese mixture. Lay white slice on each side of brown bread, making 3 layers. Cut this again the other way in ½ inch slices to make ribbon sandwiches.

—Mrs. L. Thomsen

DELICIOUS SANDWICHES

cream cheese
1 cup chopped walnuts
¼ cup orange juice
½ teaspoon salt
2 tablespoons butter
½ cup chopped pimentos
whole wheat or white bread
butter

Cream the cheese and add gradually the butter and orange juice. When well blended add the chopped pimento, walnuts and salt. Mix well and spread between slices of buttered whole wheat bread.

—Mrs. R. Marteinson

FANCY TEA SANDWICH

Half cup each chopped figs, dates and candied cherries
3 tablespoons chopped nuts

Moisten with 5 tablespoons orange juice and spread on thin slices of buttered whole wheat bread.

—Mrs. S. O. Bjerring

CHERRY SANDWICHES

1 bottle maraschino cherries
½ cup mayonnaise
4 bananas

Chop cherries and bananas fine and mix with mayonnaise and spread on bread.

—Mrs. G. M. Bjarnason

SANDWICH FILLING

½ cup vinegar
½ cup of water
1 cup brown sugar
1 tablespoon flour
1 egg, beaten
½ teaspoon each pepper, salt and mustard

Boil for one minute then cool and add 1 cup chopped walnuts or any nuts desired.

—Mrs. Linton

CLUB SANDWICH

3 slices bread (toasted)
tomatoes, bacon, cold chicken, mayonnaise

Take a slice of bread toasted, spread with butter, lettuce, bacon, then slice of toast, then chicken tomatoes, mayonnaise. lettuce and another slice of toast. Garnish with gherkins and olives.

—Mrs. H. Anderson

CHEESE ROLLS

Cut off crusts, spread with cream cheese, roll and toast in oven just before serving.

RIBBON SANDWICHES

Alternate bread slices and filling to desired height. Press firmly together and slice across. White and brown bread may be alternated and so may fillings.

—Mrs. H. Freeman

SANDWICH FILLINGS

1. Sardines, small onion (chopped fine) salad dressing, pepper and salt.
2. Klik (put through food chopper) relish, salad dressing.
3. Hard cooked eggs, small onion (chopped fine) salad dressing, pepper and salt.
4. Peanut butter, honey, cream cheese.
5. Peanut butter, banana.

—Mrs. E. Hallson

BRIDAL SHOWER SANDWICHES

Spread fluted, heart or finger shaped sandwiches with rose scented butter and garnish with several candied rose petals. If a sweet sandwich is desired use lady-fingers and brush the outside with egg white, sprinkling while moist with candied rose petals. Garnish the dish with real roses.

—Mrs. Robert Davie

CHEESE SANDWICH LOAF

Remove crusts from a loaf of bread. Slice lengthwise in 4 slices. Arrange decker sandwich using chopped hard boiled eggs, minced ham and salmon or any three desired fillings. Press together, spread top and sides with cream cheese, softened with milk. Garnish the top with slices of stuffed olives. Chill. To serve cut in ¾ inch slices.

—Mrs. J. R. Johnston

SANDWICH SPREADS

1. ½ cup flaked red salmon
 1 hard boiled egg, chopped fine
 1 tablespoon celery, chopped fine
 ½ tablespoon grated onion
 2 tablespoons mayonnaise
2. ½ cup salmon
 1 tablespoon ketchup
 1 tablespoon lemon juice
 salt and pepper to taste
 dash of salad dressing

—Mrs. W. G. Johnson

SAVOURY SANDWICH SPREAD

4 eggs
3 teaspoons dry mustard
¾ cup vinegar
¼ lb butter
½ teaspoon salt
1/3 cup sugar

Cook in double boiler until thick and add:

1 tin pimento (small size)
2 green peppers
¼ lb cheese
a little minced onion if desired

Cook until cheese is melted. Seal in jars.

—Mrs. A. Clarke

SUGGESTIONS FOR SANDWICH FILLING

1. Chopped dates and cream cheese.
2. Chopped pineapple, cream cheese and nuts.
3. Tuna fish, celery and mayonnaise.
4. Chopped chicken and almonds.
5. Chopped chicken, ham and pickles.
6. Chopped ham, green pepper and egg.
7. Minced ham, cheese, apple and nut.

—Mrs. Victor Jonasson

SNACKS

BACON OMELET

½ cup diced bacon
1 cup mashed potatoes
2 tablespoons milk
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon baking powder
4 well beaten egg yolks
4 stiffly beaten egg whites

Fry bacon in heavy skillet. Remove and pour off excess bacon drippings. Combine mashed potatoes, milk, seasoning, baking powder and egg yolks. Fold in egg whites. Pour into skillet. Sprinkle bacon over top. Cook over low heat until puffed and brown.

—Sigga Bardal

BUTTERCUPS

Cut the crusts from thinly sliced white or brown bread. Butter on both sides. Place in muffin tin. Break an egg into each mold. Bake in moderate oven until eggs are set.

—S. Bardal

CHEESE BACON DELIGHT

Cut thin slices from the long side of a fresh sandwich loaf. Spread with creamed cheese. Roll up like jelly roll. Skew with tooth picks. Cut in 1½ inch lengths. Wrap a slice of bacon around each and toast under broiler flame until bacon is crisp. Serve as an appetizer or with salad.

—Emily Sullivan

CHEESE BITES

Cubes of bread (1½ inches)
1 egg well beaten
1 tablespoon milk
2 tablespoons butter
1½ cups grated cheese
dash of paprika and mustard

Dip cubes of bread in eggs, milk and butter mixture. Roll in grated cheese and bake in moderate oven (375°) to a nice brown.

CHEESE BACON STRIPS

Lightly toast thin slices of bread on one side only. Cut in strips 3 inches long and 1 inch wide. Cover untoasted side generously with cheese and butter mixed. Sprinkle with finely cut bacon. Place under broiler until bacon is cooked. Salted crackers may be used in place of bread.

CHEESE SQUARES

Cut either plain or fruit bread into squares (about ½ inch). Blend together grated cheese with sufficient butter to make a soft mixture. Spread all four sides of bread cubes with cheese mixture. Sprinkle with paprika and toast in hot oven.

CHEESE ROLLS

Roll baking powder biscuit dough a little thicker than for pie crust. Spread with cheese and roll like jelly roll. Cut in 1 inch thick cubes and brown lightly.

—Margaret Stephenson

CHEESE TOAST

Cut cheese up fine and mix it with 1 beaten egg, 1 tablespoon butter, ½ cup milk. Cook until smooth and pour over toast.

EGGS A LA SWISS

In a shallow baking dish put 2 tablespoons butter in a little bit of milk, then a layer of grated cheese. Drop into dish as many eggs as you desire, being careful to keep them separate. Season with salt and pepper. Sprinkle cheese on top. Place in hot oven and as soon as the cheese is a nice golden brown serve on toast.

—Sigga Bardal

MACARONI SALAD

2 cups cooked macaroni
1 cup chopped celery (or peas)
½ cup chopped boiled ham

2 hard boiled eggs

Mix together and combine with salad dressing. Serve on lettuce leaf.

SALMON AND PEAS

1 lb. canned salmon
2 tablespoons butter
3 tablespoons flour
1 can mushroom soup
1 cup canned peas
¾ cup milk
salt and pepper to taste

Drain salmon and flake and melt butter. Blend flour, salt and pepper, then add milk and soup, stirring until sauce is thick and smooth. Add salmon and peas and heat thoroughly. Serve on 6 slices of buttered whole wheat toast. Serves 6.

—Sigga Bardal

SAUSAGE ROLLS

Make dough as biscuits. Roll thin and cut into rounds. Spread half of it thickly with sausage meat or a sausage (slightly browned preferred). Pinch edges together and put in baking pan. Bake about ½ hour.

—Margaret Stephenson

TOMATO TOMBOLES WITH CHEESE SAUCE

2 cups canned tomatoes
2 tablespoons mixed onions
½ teaspoon salt
¼ teaspoon paprika
3 eggs slightly beaten
1 cup soft bread crumbs
½ lb. cheese
¼ cup milk

Rub the tomatoes through a sieve. Add onion, salt, paprika and bread crumbs. Mix well. Pour into 4 well greased custard cups. Place in pan of hot water and bake in 325° oven until firm (about 45 minutes). Melt cheese in top of double boiler; gradually add milk, stirring until sauce is smooth. Serve with the tomatoes.

—Sigga Bardal

STUFFED DATES, PRUNES OR CELERY

Blend grated cheese with salad dressing and fill the cavity of dates or prunes (after stones have been removed). Celery filled with this mixture is especially nice.

Spread soda crackers with cheese and top with marshmallow. Toast in oven to a golden brown.

Cream chicken or other nice cold meat and serve on toast. Decorate with cut parsley, a slice of tomato or hard boiled egg.

Dip cubes of bread 1½ inches thick in melted chocolate and roll in crushed nuts or coconut.

—Sigga Bardal

PRESERVES, JAMS and JELLIES

SPICED PLUM JAM

2½ lbs. fully ripe plums
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
7½ cups sugar
½ cup liquid pectin

Remove seeds from plums, cut in small pieces and crush thoroughly (do not peel). Add the spices and measure fruit. You should have four cups of fruit. If not, fill the last cup with water. Place sugar and fruit in a preserving kettle over the heat and bring quickly to a full rolling boil. Boil hard for one minute, stirring constantly. Remove from fire and add pectin. Skim and pour quickly into hot sterilized glasses. Cover at once with hot paraffin. Makes about 11 glasses.

—Mrs. B. H. Olson

SIX OF EVERYTHING JAM

6 apples
6 pears

6 peaches
6 oranges
3 lemons

Cut fruit up fine. Squeeze juice from oranges and lemons and put rind through food chopper. Put enough water on to cover and let stand over night. In morning, measure 1 cup of sugar to 1 cup of pulp. Cook until thick and clear, and put in sterilized jars.

—Mrs. O. B. Olsen

1-2-3-4 JAM

1 can crushed pineapple
2 lemons
3 oranges
4 apples
½ grapefruit if desired

Grate rinds of lemons and oranges. Peel off white skin, remove seeds and put through food chopper. Remove seeds and skins from grapefruit. Pare and core apples and put through chopper. To every cup of pulp add one cup of sugar. Boil for 20 minutes.

Excellent as an all year around jam.

—Mrs. H. Helgason, Gimli, Man.

PEACH JAM

18 peaches
3 oranges
small bottle maraschino cherries

Peel peaches and put through food chopper, also oranges, add cherries cut fine. Take equal amount of sugar and fruit and cook until thick. Pour into sterilized jars and seal while hot.

—Mrs. Geo. Rear, Olds, Alta.

JUNE JAM

1 large pineapple
4 quarts rhubarb
1 quart strawberries
9 cups sugar

Peel, core and dice pineapple. Cut rhubarb in inch pieces. Place pineapple and rhubarb and sugar in preserving kettle and boil 30 minutes. Add strawberries and simmer 30 minutes longer, or until thick.

—Mrs. R. Gislason

STRAWBERRY JAM

3½ cups crushed fruit
1 cup water
7 level cups sugar
1 envelope fruit pectin

Place prepared crushed fruit in kettle. Add the water and pectin, stir and heat to a boil. Immediately add the sugar and bring to a vigorous rolling boil for 3 to 4 minutes. Remove from heat and let stand for a few minutes until jam thickens slightly. Then skim, stir and pour into sterilized glasses.

—Mrs. Olgeir Fredrickson

PINAPRICOT JAM

1 lb. apricots
1 can crushed pineapple
2 lemons, juice and grated rind
1 cup sultana seedless raisins
7 cups sugar

Cut apricots into small pieces with scissors, soak overnight in cold water to cover. Next morning cook until tender in water in which they were soaked. Add crushed pineapple and juice, the grated rind and juice of lemons, raisins and sugar. Cook slowly until mixture is thick and clear. Pour into hot sterile glasses and cover with paraffin.

—Mrs. W. O. Graham

PEAR CONSERVE

12 pears
½ lb. crystallized ginger
3 lbs. sugar

Peel pears and cut in pieces, add sugar and ginger cut in small pieces. Add juice and grated rind of one lemon and let stand over night. In morning put on to cook and let simmer gently for about 2 hours. Then pour in hot sterilized jars.

—Mrs. H. M. McDonald

APRICOT PRESERVE

2 lbs. dried apricots
1 can pineapple
4 lbs. brown sugar

Cover apricots with water and let stand over night. Boil together apri-

cots, pineapple and sugar until it has reached the consistency desired. Can be used either as preserves or jam according to time you boil it.

—Mrs. A. B. Lennox

CANTALOUPE AND PEACH CONSERVE

2½ cups diced cantaloupe
2½ cups diced peaches
3½ cups sugar
juice and grated rind of 1 orange
1 cup walnuts

Combine fruit, sugar, orange juice and rind and cook until mixture is thick and clear. Add walnuts two minutes before removing from fire. Pour into hot sterilized jars and seal.

—Mrs. L. McAlpine

RHUBARB CONSERVE

3 cups rhubarb, diced
3 cups sugar
juice of 3 oranges and 1 lemon

Put all ingredients into preserving kettle and cook 30 minutes. Add rind of oranges and lemon, also ¼ lb. almonds. Cook 5 minutes more.

—Mrs. G. O. Bergman
Flin Flon, Man.

RHUBARB AND FIG CONSERVE

4 lbs. rhubarb
4 lbs. granulated sugar
1 lb. figs (cut fine)
2 cups nuts

Cut the figs fine and mix with the rhubarb. Sprinkle the sugar over them and let them stand over night. Next morning put in preserving kettle and boil about an hour. Just before removing from the fire add the broken walnuts.

—Mrs. S. G. Hafstein,
Pikes Peak, Sask.

PEACH CONSERVE

1 dozen peaches peeled and chopped
4 oranges
6 cups sugar

Peel peaches and chop fine, put orange pulp and rind through food chopper, boil fruit and oranges together until heated through, then add sugar. Boil for half hour. Seal.

—Mrs. George Moll

CARROT MARMALADE

1 lemon
2 oranges
3 big carrots
2 cups water

Shred rind of lemon and oranges and carrots, cut lemon and oranges in small pieces, add water and boil until soft. Measure mixture and for each cup of marmalade add one cup of sugar and boil for 15 minutes.

—Mrs. S. Benjaminson

MARMALADE

9 oranges
1 grapefruit
3 lemons
3 cups of water to 1 of fruit
2 cups of sugar to 1 of fruit

Put through the food chopper (coarse). Measure and add water. Let stand overnight then cook slowly for 1½ hours. Remove from heat and add sugar. Let stand overnight again. Cook until it thickens. Seal when cold.

—Mrs. H. F. Czerwinski

SEVILLE ORANGE MARMALADE

3 seville oranges
2 lemons

Put through food chopper and soak overnight. Allowing 3 pints water for 1 lb. fruit. Boil 1 hour and with this boiling, boil the orange seeds in a bag. Let stand overnight again. Allowing 1½ lbs. sugar to a pint of fruit, boil ½ hour and bottle.

Seville oranges are only on the market late in February or the beginning of March.

—Disa Thorvardson

ORANGE AND PUMPKIN MARMALADE

4 lbs cubed pumpkin
3 oranges
3 lemons
9 cups sugar

Mix and let stand over night. Keep rind separate. In morning boil orange and lemon rind in a small amount of water until tender. Put through meat grinder and add to mixture. Let simmer for 2 hours.

—Mrs. T. J. Gislason, Brown, Man.

FRUIT MARMALADE

1 grapefruit
2 medium sized oranges
1 lemon

Grate rind of fruit and put remainder through food chopper To 1 cup of fruit add 3 cups of water. Let stand overnight. Then boil for 20 minutes briskly. To each cup of fruit add one cup granulated sugar. Let stand overnight again. Then boil for 3 hours or until it jells to medium consistency.

—Mrs. H. S. Bardal

TOMATO MARMALADE

4 quarts ripe tomatoes
4 lbs. granulated sugar
6 large lemons
1 cup seeded raisins

Pare and slice tomatoes, add the granulated sugar and lemons sliced thin, then the seeded raisins. Put all into a kettle and cook for 1 hour or until thick. Pack in sterilized jars and cover with wax.

—Mrs. K. Hannesson

ORANGE AND APPLE MARMALADE

4 oranges
2 lemons
4 apples
10 cups water
9 cups sugar

Squeeze the juice from the oranges and lemons, discard the seeds then put the peeling and pulp through the food chopper. Peel and core the apples and put them through the chopper also. Place the apples, chopped peel and fruit juice in a large container and add the water, let stand overnight. Next morning, bring the mixture to a boil, then add the sugar, stir until it is dissolved. Then boil rapidly until the mixture is thick and the fruit is tender. Pour into sterile glasses or jars and seal or cover with paraffin.

—Mrs. A. S. Bardal

PLUM CONSERVE

4 lbs. plums
1 cup seeded raisins
2 oranges
sugar
juice of 1 lemon
½ lb. walnuts

Wash plums, remove stones. Add raisins and oranges which have been sliced very fine. Measure and add ¾ cup of sugar, fruit and juice. Put into kettle. Cook slowly about 45 minutes or until thick like jam, stirring to keep from burning. Add lemon juice and chopped nuts, pour into sterilized jars.

—Mrs. Th. Jones, Hecla, Man.

GRAPE JELLY

Wash and stem a basket of concord grapes and boil until juice is well extracted, about 15 to 20 minutes, mashing with wire masher. Strain through jelly bag. Measure juice and boil 10 minutes counting from time you have a good rolling boil. Skim well, remove from burner and add sugar, cup for cup for sweet jelly, otherwise ¾ cup of sugar to 1 cup juice, stir well until sugar is dissolved, but do not stir after. Boil 5 minutes counting as before and skimming so jelly will be clear. Pour into hot sterile jars. When cool seal with paraffin. Be sure that grapes are underripe.

—Mrs. O. Stephensen

RHUBARB JELLY

3½ cups rhubarb juice
7½ cups or 3¼ lbs. sugar
1 bottle pectin

To prepare juice, cut, do not peel, about 3 lbs. fully ripe red stalked rhubarb in 1 inch pieces and put through

food chopper. Place the fruit in a jelly cloth or bag and squeeze out the juice. Measure the sugar and juice into a large saucepan and mix. Bring to a boil over a very hot fire and add fruit pectin at once, stirring constantly. Bring to a full rolling boil and boil hard for half minute. Remove from fire. Skim, pour quickly into hot sterilized jars and seal.

—Mrs. L. McAlpine

CRANBERRY JELLY

Pick over and wash 8 cups of cranberries (high bush). Put on to boil with 4 cups hot water. Boil for 20 minutes. Rub through sieve or drain through jelly bag for fine jelly. Add 1 cup sugar to 2 cups juice unless sweet jelly is desired, when more sugar may be used. Boil 5 minutes counting from the time you have rolling boil. Then test for jelly. Skim well so jelly will be clear. Turn into sterile glasses and wax when set.

CRANBERRY SAUCE

Pick over and wash 3 cups of cranberries (low bush. Put in stew pan, add 2 cups sugar and 1 cup boiling water. Cover and boil 10 minutes. Uncover and skim well. Cool.

—Mrs. O. Stephensen

CRABAPPLE JELLY

Wash and core 8 lbs. crabapples put in preserving kettle, boil until pulpy. Strain through jelly bag. Measure juice and boil 15 minutes. Add 1 cup of sugar to each cup of juice. Boil until it tests for jelly (when jelly forms on spoon). Skim well. Pour into sterile jars.

—Mrs. B. W. Benson, Hecla, Man.

CANNED CRABAPPLES

Wash stem and quarter crabapples and put in sterilized jars. Make a light syrup, 1 cup granulated sugar to two cups water, let come to a boil. Pour over apples in jars and seal tightly. Put sealers into hot water bath and let boil for 30 minutes.

—Mrs. R. Marteinsson

COLD PACK RHUBARB

Take young tender stalks of rhubarb. Scrub well (do not peel), cut in inch cubes, pack tight in well sterilized jars. Now fill jars with cold water. Be sure jars are well filled, seal tight and keep in a dark cool place. This will keep fresh for months.

—Mrs. R. Marteinsson

BANANA (SPECIAL) AND PINEAPPLE JAM

Mash 12 small bananas or 10 large bananas, add 2 tins crushed pineapple 1 cup water.

Bring to almost the boiling point. Add 2 packets of McLarens or Certo Pectin Crystals mixed in 1 cup water. Bring to boil. Add 8 cups white sugar. Boil with rolling boil 5 minutes. Jar and seal. Juice of 2 lemons adds a little zest.

—Miss M. H. Feltham

PICKLES and PRESERVES

PICKLED ONIONS
(Quick Method)

4 qts. silver skin onions
1 cup salt
1½ qts boiling water

Scald onions, then peel. Place in brine made from salt and boiling water. Let them stand for 24 hours. Remove onions from brine and place in sterilized jars. Cover with syrup made from:

5 cups white sugar
3 cups water
2 cups vinegar
¼ cup whole mixed pickling spice

Boil for 10 to 15 minutes. Seal jars tightly.

—Thorgerda Gray

PICKLED ONIONS

1 gal. small white onions (silver skin)
salt
boiling water
1 qt. vinegar (white)
1 cup water
2 lbs. white sugar
2 teaspoons whole mixed pickling spice
1 teaspoon alum

Scald onions, drain and peel. Place in crock with one scant cup of salt and add enough boiling water to cover and stand over night. Next day drain thoroughly, add one scant cup of salt again and enough boiling water to cover and let stand overnight again. Repeat this procedure for six days altogether. On the seventh day drain the onions and wash well in cold water, replace in crock and add the alum, then cover with boiling water. When cool drain the onions well and pack them in hot sterilized jars.

Make a syrup of the sugar, vinegar, water and spices, bring to a boil and stir to dissolve the sugar. Pour boiling hot over the onions in the jars and seal tightly immediately. Makes 8 pts.

—Mrs. J. A. K. Broadfoot

SWEET GHERKINS

Use small gherkins about 2 inches long and scrub well. Cover with brine (1 part salt to 9 parts water). Let stand over night. Drain and rinse well. Cover gherkins with vinegar and bring to a boil, let stand until cool, drain. Pack gherkins in hot jars and fill with syrup.

Syrup:
4 qts. vinegar
¼ cup pickle spice in bag
8 cups white sugar

Boil together for 10 to 15 minutes.

—Mrs. Ingi Swainson

SWEET GREEN TOMATO PICKLE

8 qts. green tomatoes
12 medium sized onions
1½ qts. white vinegar
10 to 12 cups brown sugar
3 tablespoons pickling spices

Peel the onions and place in cold water while doing tomatoes. Wash tomatoes, remove ends, stems and blemishes and slice. Put ¼ of tomatoes in pot, put 3 of the onions sliced very thin on top and spread 3 tablespoons of salt. Repeat until tomatoes and onions are used up. Weigh down with a plate, let stand over night. In morning drain well, rinsing with hot water. Heat vinegar to boiling, add sugar and spices tied in cheese cloth. Add vegetables. Cook slowly 1 to 1½ hours until tomatoes are clear. Remove spices and fill jars and store in cool place.

—Mrs. S. Palmasson

RED TOMATO PICKLE

18 large ripe tomatoes
1 large green pepper
3 onions (chopped fine)
2 teaspoons salt
½ cup sugar (or 1 cup white sugar to taste)
1 cup white vinegar
1 teaspoon each of cloves, nutmeg, cinnamon

Boil 2 hours.

Sauce for above pickles:
1 pt. white vinegar
4 cups brown sugar
½ cup flour mixed in water
2 teaspoons mustard
1 teaspoon tumeric
1 tablespoon mustard seed
1 tablespoon celery seed

—Mrs. G. Johannesson

SWEET TOMATO PICKLES

4½ lbs. green tomatoes cut in small pieces
4½ lbs. apples cut in quarters, with 1 or 2 whole cloves stuck in each quarter

Put in bag:
1 oz. whole allspice
1 oz. whole peppers
1 stick cinnamon

Syrup:
5 cups white vinegar
4 lbs. brown sugar

Let this come to a boil, then add tomatoes, apples and the bag of spice and about ½ teaspoon salt. Boil slowly till tender.

—Mrs. P. J. Finnbogason

WHOLE GREEN TOMATO PICKLE

6 qt. basket small green tomatoes
whole cloves
1 teaspoon salt
4 lbs. white sugar
1 qt. white vinegar

Peel tomatoes carefully and cook in water enough to cover just until tender. Do not overcook or they will burst. Lift out carefully and set on a flat surface to drain over night. Stick 2 whole cloves into each tomato. Next morning make a syrup of the sugar, salt and vinegar and boil for 20 minutes. Remove any scum which rises, place tomatoes in crock and after pouring on the syrup let stand 2 days. Remove the tomatoes and syrup to a preserving kettle and bring to a boil. Lift tomatoes out and pack into hot sterile jars. Fill to overflowing with boiling syrup. Seal at once. The tomatoes must be small.

—Mrs. N. Aikenhead

PENNY PICKLES

2 doz. cucumbers

Wash cucumbers and cut into round slices ¼ inch thick. Put in brine of 1 cup salt to 1 gallon cold water for 1 week. Drain. Cover with cold water and add lump of alum (size of walnut) for a 2-gallon crock. Leave for 1 week. Drain and scald through a colander. Then boil pickles in the following syrup for 10 minutes.

1½ qts. white vinegar
1½ pts. water
5 lbs. white sugar
1 small pkge. cinnamon sticks
1 teaspoon celery salt

—Mrs. Thomas Johnson

MILLION DOLLAR PICKLE

3 qts. cucumbers, wipe and slice thin
1 qt. onions, sliced
3 green peppers, chopped

Cover with water and 1/3 cup salt. Let stand over night. Drain well and add:

2 teaspoons tumeric
6 cups white sugar
1 teaspoon mustard seed
1 teaspoon celery seed
vinegar to cover

Simmer until cucumbers are clear. While hot add 1 tin pimento. Bottle.

—Mrs. F. A. Finson,
Port Arthur, Ont.

ICE PICKLE

Large cucumbers

Peel, remove seeds, cut in strips and cover with cold water. In morning drain and pack in sealers with piece of celery in centre of jar and a slice of onion on top. Cover with following mixture:

1 qt. white vinegar or
1 cup white vinegar and 2 cups water
1 cup white sugar
1/3 cup salt

Boil 3 minutes, pour on pickles hot and seal.

—Mrs. J. E. Marteinson

CUCUMBER PICKLE

1 doz. medium sized cucumbers

Peel and slice, soak 3 hours in brine made of 2 tablespoons salt and water enough to cover. Drain and wash thoroughly. Take:

3 cups malt vinegar
2 cups water
2 cups brown sugar
1 teaspoon celery seed

Put all in granite pan and bring to boil. Mix together:

½ cup flour
3 tablespoons mustard
1 teaspoon tumeric

Mix in a little water until smooth. Add this slowly to vinegar mixture and boil 3 or 4 minutes. Put the

cucumbers in and bring to boil again and bottle at once.

Cook the cucumbers in the vinegar and water, sugar and celery seed until they begin to get clear. Then add the flour ,mustard and tumeric and cook for a few minutes. It is not so likely to burn in doing it this way.

—Mrs. J. Thorson

EASY DILL PICKLES

20 to 25 dill sized cucumbers
for each quart:
⅛ teaspoon powdered alum
2 heads dill
1 clove garlic
1 hot red pepper

Wash cucumbers—let stand in cold water over night. Pack in sterilized jars. To each quart add alum, garlic, dill and pepper.

Combine:
1 qt. vinegar
3 qts. water
1 cup salt

Heat to boiling—fill jars. Seal. Makes 6 to 8 quarts depending on size of cucumbers.

—Valdine Scrymgeour

NINE DAY PICKLES

Wash 1½ gals. of assorted pickles. Not too large. Make a brine of 1 cup salt (not iodized) to 8 cups water to cover pickles. Have it boiling when poured on them. Let stand 3 days. Drain, then add cold water to cover. Add fresh water every day for 3 days. Drain. Cover with solution, 1 teaspoon alum to 4 qts. boiling water. Let stand 24 hours. Drain. Make a syrup of:
1½ qts. vinegar
½ oz. celery seed
4 cups white sugar
3 sticks cinnamon

Bring to boil and pour over pickles. Let stand 24 hours. For next 3 days drain off syrup and bring to boil and pour over. Drain, cut into pieces, pack into sterilized jars. Heat syrup again, add few drops of green vegetable coloring and fill jars. If you like them sweeter, add more sugar at last boiling.

—Ellen Goodman

NINE DAY CUCUMBER PICKLE

7 lbs. cucumbers (medium size)

Soak 3 days in salt brine. (Brine must be strong enough to float an egg). Drain. Cover with fresh cold water. Change water daily for 3 days. Bring to boil in weak vinegar mixture (1 part vinegar to 3 parts water). Drain and cut into pieces.

Make syrup of:
3 lbs. sugar
3 pts. vinegar
1½ pts. water
1 oz. stick cinnamon
½ oz. whole allspice

Boil and pour over cucumbers. Reheat and pour over daily for 3 days. Then heat and seal.

—Mrs. A. Sigurdsson,
Foam Lake, Sask.

SEVEN DAY SWEET MIXED PICKLES

1 large head cauliflower
4 medium cucumbers
3 lbs. pickling onions

Cut cauliflower into small flowerlets, cut up cucumbers, skin onions. Place all in crock, add ¾ cup pickling salt and cover with boiling water. Repeat for 6 mornings. Drain them each day and put on fresh brine.

On 7th day, wash well, add alum size of walnut and cover with boiling water. Next day drain, pack in sterilized jars and fill with hot syrup, as follows:
2 lbs. white sugar
1 qt. white vinegar
2½ cups water
mixed spices in bag
Boil 5 minutes.

—Mrs. F. Lindal

MIXED PICKLES

2 qts. cauliflower
2 qts. cucumbers

2 qts. silver skin onions

Prepare cauliflower by breaking into small pieces. Skin onions. Put all together and cover with a strong brine over night. In morning drain and cover with boiling water. Then cool, drain off and reheat to boiling, pour over pickles again. Repeat this once more. 3 times in all. Pack in sealers and pour over the following dressing:

4 pts. vinegar
1 pt. water
4 cups white sugar
1 handful pickling spice tied in bag.

Boil 10 minutes, pour on hot.

—Mrs. B. S. Arnason, Glenboro, Man.

DELICIOUS MIXED PICKLES

6 ripe tomatoes
6 ripe peaches
6 ripe pears
6 spanish onions
3 green peppers
5 cups sugar
½ oz. or 3 tablespoons whole allspice
2 tablespoons salt
1 qt. white vinegar

Peel and chop fruit, not too fine and boil 1½ hours. Put spice in a bag.

—Mrs. T. Gudmundson

MUSTARD PICKLES

2 qts. vinegar
2 lbs. brown sugar
1 tablespoon mustard
2 cups flour
1 teaspoon salt
1 tablespoon tumeric
2 lbs. small cucumbers
2 small or 1 large head cauliflower
3 lbs. pickle onions

Cut the cauliflower and cucumbers into small pieces. Put the cucumbers, cauliflower and onions in a crock, pour on boiling water, cover the crock and leave for one hour. Mix the sugar, vinegar and salt and boil the mixture for 5 minutes. Mix the flour, tumeric and mustard with a little cold water and add to the other ingredients. Boil this mixture for 8 to 10 minutes, or until thickened. Pour the water off the onions, cucumber and cauliflower and pour on the boiled ingredients.

—Mrs. L. A. Bjornson

CUCUMBER MUSTARD PICKLES

1 qt. peeled cucumbers
1 qt. onions
3 red peppers
6 large cooking apples peeled
1 head celery
1 head cauliflower (large)

Put the cucumbers, onions and peppers through the food chopper. Sprinkle with less than ½ cup salt over vegetables and allow to stand over night. In the morning drain through a colander. Add the cauliflower broken into small pieces and the diced celery and apples. To the vegetables add:

8 cups brown sugar
2 ozs. mustard seed
3 pints vinegar

Bring to a boil. Make a thin paste with:

½ cup flour
½ teaspoon tumeric
1 tablespoon mustard
and juice from boiling pickles

Add to the pickles and boil 20 minutes. Put into sterilized jars and seal. Makes about 10 pints.

—Mrs. Glen Eyford

CUCUMBER SALAD

7 large cucumbers
4 large onions

Cut fine, let stand over night with salt. Drain the following morning.

2½ cups vinegar
¾ cup water
3 tablespoons mustard
2½ cups white sugar
½ cup flour
¾ cup tumeric
1 teaspoon ginger
pinch of red pepper

Boil for 5 minutes, then add cucumbers and onions. Boil 10 minutes longer and seal.

—Mrs. M. Paulson

RED SAUCE PICKLES

1 qt. chopped onions
1 qt. ripe tomatoes, chopped
1 qt. cucumbers, chopped
1 level teaspoon cayenne pepper
1 tablespoon salt
3 cups white sugar
1 pt. white vinegar
1 cup water

Boil together for ½ hour, then add:

1 tablespoon dry mustard
3 tablespoons flour
1 tablespoon tumeric

Pour in sterilized jars and seal.

—Mrs. R. R. Goodwin

RUMMAGE PICKLES

2 qts. green tomatoes
1 qt. ripe tomatoes
3 red peppers
2 green peppers
3 large onions
3 heads celery
1 ripe cucumber

Mince all but celery. Add 1 cup salt. Let stand over night. In morning drain well (which is important). Add:

2 lbs. brown sugar
3 pts. vinegar
1 tsp. mustard, pepper and celery seed

Boil one hour and seal.

—Mrs. A. B. Lennox

WINTER SALAD PICKLE

1 cauliflower
1 small cabbage
1 large cucumber
1 qt. onions
1 qt. green tomatoes
2 red peppers
2 bunches celery

Dressing:

2 qts. vinegar
1 cup flour
5 cups sugar
½ cup mustard
1 teaspoon tumeric
1 teaspoon celery seed

Wash vegetables and put through food chopper, using coarse blade. Sprinkle with ½ cup salt, add enough cold water to cover and let stand over night. In morning drain and add cooked dressing. Heat through but do not boil. Seal at once. Flour and mustard may be omitted if desired.

—Mrs. H. F. Czerwinski

WATERMELON RIND PICKLE

3½ lbs. prepared rind
salted water
2½ lbs. sugar
2 sticks of cinnamon, broken in pieces
1 tablespoon whole cloves
1 small piece ginger root
2 cups vinegar
1 cup water

Cut off rind, pulp and green skin from rind of watermelon. Cut rind in 1-inch squares or in strips, cover with salted water, 1 tablespoon salt to 1 qt. water, and allow to stand for 12 hours. Remove from water, add enough fresh water to cover and cook until rind is tender. Drain. Boil together with sugar, vinegar, water and spices tied in a bag for 10 minutes. Add rind and cook until transparent. Remove spice bag. Place rind in clean hot jar and fill with syrup.

—Mrs. J. G. Thorgeirson

PICKLED CHERRIES

Wash cherries. Fill quart jar with cherries and add 2 tablespoons salt and 4 tablespoons brown sugar. Fill jars with equal parts cider vinegar and water boiled 5 minutes with ¼ stick cinnamon and 2 tablespoons (scant) cloves. Seal.

—Mrs. T. J. Blondal

TOMATO RELISH

20 green tomatoes
8 apples
8 onions
5 cups sugar
3 cups vinegar
3 tablespoons salt
3 teaspoons pepper (I like a little less)
1 teaspoon cloves
1 teaspoon cinnamon

Put tomatoes, apples and onions through grinder. Boil together 20 minutes and bottle.

—Mrs. B. Guttormson

TOMATO RELISH

30 ripe tomatoes
6 pears
6 peaches
6 onions, chopped fine
4 cups vinegar
4 cups brown sugar
3 tablespoons mixed pickling spices (in bag)

Cook 4 hours slowly. Stir well. Seal in jars.

—Mrs. M. Magnusson

RIPE CUCUMBER RELISH

1 qt. peeled and sliced cucumbers
1 qt. onions, chopped fine
1 qt. ripe tomatoes, chopped
1½ cups white sugar
1 qt. white wine vinegar
1 tablespoon salt
1 tablespoon mustard
1 teaspoon tumeric
1 bag pickling spice
1 sweet red pepper
1 green pepper
1 hot red pepper

Cook until cucumber is clear. Thicken with flour.

—Miss E. M. Fletcher

CUCUMBER RELISH

2 qts. onions
2 qts. ripe cucumbers
1 large head cauliflower
1 green pepper
1 red pepper

Put each through mincer separately. Pour boiling water containing handful of salt over this and let stand over night. Drain and press out well.

Sauce:

1 qt. vinegar
6 cups brown sugar
¾ cup flour
1/3 cup mustard
1 teaspoon tumeric

Boil this mixture and add:

½ oz. celery seed
1 oz. mustard seed
2 cans of corn to be added last

Mix in all. Bring to boil. Seal in sterilized jars.

—Mrs. O. S. Arason, Glenboro, Man.

UNCOOKED RELISH

1 cabbage, shredded fine
6 medium size onions
3 red peppers
6 green peppers

Put above four ingredients through food chopper.

¾ cup mustard seed
1 tablespoon celery seed
3 cups white sugar
1 qt. white vinegar

Put cabbage and onions in a salt water brine over night. Drain well. Melt sugar in vinegar and let cool before pouring it over the thoroughly mixed ingredients. Put in sealers and let stand at least 3 days before using.

—Mrs. John Thordarson

CHERRY RELISH

4 cups celery
1 cup onions
1 cup cucumber
1 large green sweet pepper
1 large red sweet pepper
1 teaspoon salt
1½ cups vinegar

Put all vegetables through mincer or chop fine. Place in preserving kettle and add salt.

2 cups sugar
2 teaspoons mustard
½ teaspoon tumeric
vinegar
2 teaspoons flour

Cook slowly until mixture is tender. Pour into hot jars and seal.

—Mrs. H. S. Samson

INDIAN RELISH

6 large apples
12 large ripe tomatoes
6 large onions
1 lb. raisins
4 cups brown sugar

2 cups vinegar
1 tablespoon salt
2 tablespoons ginger
2 tablespoons mustard
4 red peppers

Put all fruit through food chopper. Mix dry ingredients and add. Boil 20 minutes. Put into jars and seal while hot.

—Mrs. Ross Forrest

PEPPER RELISH

12 large green peppers
12 large sweet red peppers
12 large onions
2 cups vinegar
3 cups sugar
3 tablespoons salt
1 teaspoon paprika

Place in bowl and cover with boiling water and let stand for 8 minutes. Drain thoroughly, turn into preserving kettle and add sugar, salt, paprika and vinegar. Bring to a boil and boil for 5 minutes. Pour into sterilized jars and seal.

—Mrs. L. C. Dyer

SWEET RED PEPPER RELISH

6 large sweet red peppers
6 large cooking apples
1 cup pickling vinegar
½ teaspoon salt
1½ cups white sugar
4 bay leaves

Remove seeds from peppers and put through food chopper, using medium knife. Mince apples, put in kettle, add sugar, vinegar, salt and bay leaves.

Boil until thick, about 1 hour. Pour into sterilized jars and seal. Delicious to serve with chicken or game.

—Mrs. J. Peterson,
Vancouver, B.C.

RELISH FOR COLD MEAT

Take one can tomatoes, rub through sieve. Put on to boil, add:
2 large size onions, cut fine
½ cup brown sugar
1 cup vinegar
2 teaspoons cinnamon
1 teaspoon each cloves, salt, pepper.

Boil 20 minutes.

—Mrs. O. V. Olafson

PEPPER HASH

12 large onions
12 sweet red peppers
12 green peppers

Put through meat grinder. Cover with boiling water. Boil 15 minutes. Drain. Then boil.
1 qt. malt vinegar
4 cups white sugar
2 tablespoons mustard seed
½ cup salt

Boil 15 minutes. Then add onions and peppers. Boil another 20 to 25 minutes.

—Mrs. R. H. Armstrong

PEPPER HASH

1 large head cabbage
6 large onions
9 green peppers
9 red peppers

Chop all rather fine. Add ½ cup salt. Let stand over night. In morning drain well. Add:
1 tablespoon mustard
1 teaspoon celery seed
5 cups white sugar

Scald sufficient white vinegar to cover vegetables. Pour over while hot but do not boil. Pack in sterilized jars and seal. Keep in cool place.

—Mrs. W. R. Crane, W. Selkirk, Man.

SPICED RHUBARB

2½ lbs. rhubarb
2 lbs. sugar
⅞ cup vinegar
1 teaspoon cinnamon
½ teaspoon cloves

Wipe rhubarb, skin and cut stalks into 1-inch pieces. Put in preserving kettle, add remaining ingredients, bring to boiling point and boil till soft and thick. Put in sterilized jars and seal. Very good with cold meat.

—Mrs. Gudrun Erickson,
Lundar, Man.

RHUBARB PICKLE

4 lbs. rhubarb
2 small onions
2 cups white sugar
1 cup brown sugar
1¼ cups vinegar
1 teaspoon red pepper
1 teaspoon black pepper
1 teaspoon allspice
½ teaspoon cloves
1 teaspoon salt

Cut up rhubarb, chop onion, add sugar, vinegar and spice. Boil until thick. Seal in sterilized jars.

—Mrs. B. Sigurgeirson, Hecla, Man.

RHUBARB CHUTNEY

3 lbs. rhubarb
2 lbs. dates, stoned
1 qt. brown vinegar
1 teaspoon ground ginger
1 lb. onions
1 lb. brown sugar
2 good teaspoons salt
½ teaspoon cayenne
½ teaspoon ground cloves

Cut onions and rhubarb into pieces. Add other ingredients and boil until tender. Seal in sterilized jars.

—Mrs. N. Olson

MUSTARD CHOW

Put through mincer:
1 large cauliflower
12 cucumbers
3 green peppers
4 lbs. onions
2 red peppers
2 hot peppers

Cover with brine 12 hours.

Sauce:
4 cups white sugar
¼ lb. mustard
¼ gal. white vinegar
½ oz. tumeric
1 oz. celery seed
½ oz. curry powder

Make sauce, add vegetables and cook not more than 10 minutes.

—Mrs. B. Guttormson

CHILI SAUCE

12 large tomatoes
6 large onions
2 cups brown sugar
3 cups white vinegar
1 bunch celery
pinch cayenne
3 tablespoons pickling spice (in bag)
1 dessert spoon celery seed
1 tablespoon salt

Chop all vegetables very fine. Add sugar, vinegar and spices. Boil 3 hours or until thick. Pack in sterilized jars and seal.

—Mrs. K. J. Backman

SPANISH SAUCE

12 cucumbers
6 large onions
24 green tomatoes
4 green peppers
1 qt. white vinegar
2 lbs. brown sugar
1 teaspoon celery seed
1 teaspoon mustard seed
½ teaspoon tumeric

Put cucumbers, onions, tomatoes and peppers through food chopper. Cover with salt and let stand over night. In morning drain well and cook 1 hour with vinegar, sugar and spices. Seal while hot.

—Mrs. W. R. Pottruff

CREAMED CUCUMBERS

7 cucumbers
4 large onions

Peel cucumbers, cut and scrape out seeds and cut up fine. Cut onions up fine. Soak over night in 1 tablespoon salt.

Dressing:
2½ cups white vinegar
3 cups hot water
3 cups white sugar
½ cup flour
3 tablespoons mustard
1 tablespoon ground ginger
1 tablespoon melted butter
¾ teaspoon tumeric

½ tablespoon cayenne pepper
1 large cup sweet cream

Mix dry ingredients together, mix in melted butter. Put on water and vinegar to boil. Add cream to dry ingredients. Add to water and vinegar. When this reaches boiling point put in vegetables. Boil 30 minutes.

—Mrs. W. Halderson

PICKLED BEETS

Boil beets till tender. Peel them and cut into pieces if beets are large. Uniform small beets are best. Pack tightly into hot sterilized jars. Cover with boiling syrup made from:

2 heaping cups brown sugar
1 pt. vinegar
1 teaspoon cloves

Add a few cinnamon sticks and simmer slowly 20 minutes. Seal tight. If more syrup is needed make it using same proportions of ingredients.

—Mrs. B. M. Long

FINE FRUIT SAUCE

20 ripe tomatoes
6 apples
6 pears
6 peaches
1 pt. pitted plums
3 red peppers
5 cups sugar
2 sticks cinnamon
1 tablespoon salt
1 qt. vinegar

Boil 2 hours. Makes 7 pints of sauce.

—Mrs. E. Thorkelson

RHUBARB PICKLES

4 cups chopped rhubarb
4 cups chopped onions
4 cups brown sugar
1½ cups white vinegar
1 tablespoon salt
1 teaspoon cinnamon
1 teaspoon allspice

Let simmer until onions are tender. Pack into sterilized jars, filling to top.

—Mrs. B. S. Benson

COCKTAILS and COOLING DRINKS

FRUIT DRINK

Take 4 cups water, 2 cups granulated sugar, boil few minutes, cool and add juice of 6 lemons, juice of 6 oranges, 2 cans pineapple juice. When needed add ginger ale and sweeten to taste. Add crushed ice.

—Mrs. B. Guttormson

ICED TEA

Make fresh tea using 4 tablespoons tea and 3 measuring cups boiling water. Strain immediately and pour over crushed ice. Add 3 cups cold water. Serve with sugar and lemon. Garnish with fresh mint leaves if desired. Makes eight glasses.

—Inga Benjaminson

LEMONADE

2 cups sugar
2½ cups water
juice of 6 lemons
juice of 2 oranges
grated rind of 1 orange
1 cup mint leaves

Cook sugar and water 5 minutes. Cool. Add fruit juices and rind. Pour over mint leaves, cover and let stand 1 hour. Strain into jar and keep in refrigerator. Use 1/3 cup syrup for each glass, fill with crushed ice and water. Serves 10-12.

—Augusta Jonasson

ORANGEADE

2 oranges
2 lemons
4 cups granulated sugar
1 oz. tartaric or citric acid

Place sugar and acid in large bowl. Grate rind of oranges and lemons and cut in half to extract juice. Put juice and rind in bowl with sugar and acid.

Pour 2 cups boiling water over above. Stir well and let stand 12 hours. Strain and bottle. Add small amount of syrup to glass of water. Very refreshing drink in hot weather.

—Mrs. L. A. Melsted

FRUIT PUNCH

3 qts. unsweetened pineapple juice
juice of 8 lemons
juice of 8 oranges
juice of 3 limes
2 cups sugar
1 cup mint leaves
4 qts. dry ginger ale
2 qts. plain soda water
1 pint fresh strawberries, quartered

Combine fruit juices, sugar and mint leaves, chill thoroughly. Just before serving, add ginger ale, soda water and strawberries, pour over large cake of ice in punch bowl. Float thin slices of lemon and lime. Serves thirty-five.

—Mrs. Oscar Sigurdson

THIRST QUENCHER

1 cup orange juice
1 cup unsweetened pineapple juice
¼ cup lemon juice
¼ cup maraschino cherry juice
1 cup dry ginger ale
2 tablespoons honey
1 pint vanilla ice cream
2 tablespoons sliced maraschino cherries

Mix fruit juices and ginger ale, add honey, mix well. Chill thoroughly. Add ice cream, stir until blended. Serve in glasses, top with cherry slices. Makes 1½ quarts.

—Mrs. G. Eliasson

CHOCOLATE MINT FLIP

½ cup cocoa malt
1 cup hot milk
3 cups cold milk
¼ teaspoon salt
¼ teaspoon peppermint extract
1 teaspoon vanilla extract
½ pint vanilla ice cream

Add cocoa malt to hot milk, stir until dissolved. Add cold milk, salt and extracts. Chill. Just before serving, pour into shaker, add ice cream, shake until smooth and blended. Makes 1½ quarts.

—Mrs. Fred Benjaminson

CHOCOLATE MILK SYRUP

1¾ cups water
1½ cups sugar
1 cup cocoa
½ teaspoon salt

Stir well, boil 10 minutes. Keep in jar in refrigerator.

—Mrs. W. G. Johnson

SOUPS

CONSOMME

2 lbs. lean beef
2 lbs. veal
1 onion
1 bay leaf
stalk of celery
sprig of parsley
small carrot
3 qts. cold water
2 tablespoons fat
1 tablespoon salt

The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about 1 inch square. Put the fat in the soup kettle. Add the meat and brown nicely. Add water and let simmer for four hours. Add vegetables and bay leaf and simmer one hour longer. Strain through a sieve, and cool. When cold, remove fat and it is ready for use.

—Mrs. G. Eliasson

VEGETABLE SOUP WITH LIMA BEANS

4 lbs. of the knuckle of beef
1 good sized turnip
3 carrots
3 onions
2 cups of white lima beans (soaked over night)
1 can tomatoes (or 6 ripe ones)
1 tablespoon salt
1 tablespoon white sugar
1 teaspoon worcestershire sauce
a little pepper

Put meat, turnips, carrots, onions and salt in 4 quarts cold water, bring slowly to boiling point and simmer gently, about 5 hours. Add tin of tomatoes, let cook a few minutes longer. Then take out meat and vegetables. Skim fat off top and strain through a soup strainer. Add cooked lima beans to stock. Just before serving add Worcestershire sauce, sugar and more salt and pepper to taste.

—Mrs. J. S. Gillies

VEGETABLE SOUP

1 soup bone
1 cup diced celery
1 cup shredded carrot
1 cup green peas
½ teaspoon pepper
1 cup tomatoes
1 bay leaf
vermicelli or macaroni
6 cups water
1 tablespoon salt
½ tablespoon thyme

Prepare vegetables. Place in pressure cooker with soup bone. (Remove rack). Add seasoning and water. Cover. Cook on a slow heat 8 to 10 hours. May be cooked over night. The last hour remove soup bone, add vermicelli and cook 20 minutes. Serve chilled or hot.

—Mrs. F. C. Benjaminson

CHICKEN STOCK

4 lbs. fowl
6 cups cold water
1 carrot, sliced
3 stalks celery
½ bay leaf
3 whole black peppers
1 onion, sliced
salt and pepper

Cut fowl in pieces; put all pieces except breast in kettle with cold water. Add vegetables and seasoning; bring to boil; add breast and simmer until breast meat is tender. Strain and use cooked chicken as desired, in casserole or salad. Makes 1 qt., stock.

—Mrs. S. Sommerfeld

CHICKEN RICE SOUP

Heat 3 cups chicken stock in a double boiler. Add ½ cup rice and cook until rice is fluffy about 45 min.

—Mrs. S. Sommerfeld

TOMATO RICE SOUP

½ cup rice
¼ cup diced celery
4 cups chicken stock
1 tin tomato soup
1 red pepper pod
salt

Cook rice and celery slowly in chicken stock until celery is tender. Add tomato soup, pepper pod, salt and heat. Remove pepper pod before serving.

—Mrs. G. Eliasson

CHICKEN OR TURKEY BONE SOUP

Scrape the meat from the bones, break the bones, pack in kettle and cover with cold water, adding a small onion. Cover closely and simmer very gently for three hours. Strain and cool. One-half hour before it is to be served, return to fire and for every quart of stock, add one cup of the cold meat and one cup of cooked rice, season and keep hot till needed.

—Mrs. L. Moore

BEAN SOUP

3 slices bacon
2 cups baked or boiled beans
4 cups cold water

1 tablespoon flour
1 tablespoon butter
salt, pepper, paprika

Cook bacon. Add to beans. Add to cold water and cook until beans are soft, then rub through a strainer. Place on the fire and add a little more water, if needed, as the soup must not be too thick. Bind with the flour and butter. Cook 2 or 3 min. Season with salt, a dash of pepper and paprika.

—Mrs. L. Moore

BARLEY SOUP

½ cup barley
1 teaspoon salt
1 qt. boiling water
2 qts. soup stock
½ cup diced celery
½ cup diced oinions
½ cup diced carrots
1 green pepper, diced

Wash barley in cold water and cook in boiling salted water until tender, about 2 hrs, adding stock when water has evaporated. Add vegetables half hour before soup is done.

—Gudrun Stefanson

BASIC WHITE SAUCE FOR SOUPS

1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
few grains pepper
1 cup milk or ½ cup water

Melt butter in top of double boiler. Add flour and seasoning. Mix until smooth. Add milk and cook over hot water stirring constantly until thick.

CREAM OF CARROT SOUP

2 cups white sauce
1 cup water in which carrot cooked
1 cup cooked, chopped or grated carrots
1 teaspoon onion juice
pepper and salt

Mix carrots and water in which they were cooked. Add onion juice and seasonings. Combine with white sauce. Reheat in double boiler. Sprinkle with very little chopped parsley before serving.

—Mrs. V. Einarson
Campbell River, B.C.

CREAM OF CORN SOUP

1 can corn
1 pint water
1 pint milk
2 tablespoons butter
1 tablespoon chopped onion
3 tablespoons flour
salt and pepper

Cook corn and onion in water 20 min. Press through a coarse strainer (should be 1 pt. stock and pulp) make white sauce, add corn, pulp and stock. Reheat over hot water.

—Laura Einarson

CREAM BEAN SOUP

Soak over night 1 cup lima beans. Boil with 1 carrot. Put through strainer when cooked and add milk and butter.

—Mrs. J. Stevenson

CREAM OF POTATO SOUP

2 cups finely diced, pared, raw potatoes
2 minced medium onions
2 outside stalks celery, including leaves, diced
2½ cups boiling water
4 tablespoons butter or margarine
3½ tablespoons flour
1¾ teaspoons salt
⅛ teaspoon pepper
2 cups milk scalded
1 tablespoon minced parsley

Cook potatoes, onions and celery in the boiling water, covered, until very tender. Meanwhile melt butter in a double boiler. Add flour, stir until smooth, then add seasonings and milk. Cook, stirring until smooth and thick. Then rub the potato mixture, liquid and all through a sieve. Add to sauce with parsley, heat and serve. Serves six.

—Mrs. A. McNicholl

CREAM OF MUSHROOM SOUP

2 or 3 cups chopped cooked or canned mushrooms
3 tablespoons butter
1 teaspoon minced onion
2 tablespoons minced celery
2 cups chicken broth, or
2 cups of water and 2 chicken bouillon cubes
2 tablespoons flour
2 cups milk
salt and pepper to taste

Simmer mushrooms 5 minutes in 1 tablespoon of butter with onion and celery; add the chicken broth simmer 10 minutes. Melt the remaining 2 tablespoons butter in top of double boiler over direct heat. Add flour and blend, then add milk and cook, stirring until smooth and thickened. Place over hot water, add the mushroom mixture, season with salt and pepper. Heat thoroughly. Serves six.

—Anna Stefanson

INVALID COOKERY

In preparing and serving food for invalids, it is essential to follow the Doctor's orders carefully. Endeavor to make the diet as varied as possible, the tray tempting in appearance and serve punctually at stated times. Diets are classified as follows:

LIQUID DIET

Milk, Buttermilk, Egg Nogg, Cocoa, Oxo, Ovaltine, Tea, Coffee, Beef Tea, Beef Juice, Strained Gruels, Strained Fruit Juices, Strained Cream Soups or Broth, Ginger Ales, Jelly.

SOFT SOLID DIET

In addition to the above, cooked cereals, buttered bread or toast without crust, poached eggs on toast, creamed chicken on toast, soft boiled or scrambled egg, milk puddings, custard, junket, preserved fruit, plain cookies, ice cream.

LIGHT DIET

In addition to the above, vegetables, potatoes, chicken, fish.

FULL DIET

Meat and all foods patient desires.

GRUELS

These are thin mixtures made by cooking cereals such as oatmeal, farina, rice, barley, sago, in water with salt, press required amount through a sieve, dilute with hot milk, sweeten slightly and serve.

WHEY

The strained liquid from cottage cheese served cold, though not very nourishing, may be used when other preparations of fresh milk disagree.

ALBUMENIZED MILK

1 cup milk
speck of salt
1 egg white
½ teaspoon flavoring
½ teaspoon sugar

Put in a shaker or covered jar. Shake well. Serve cold.

EGG NOGG

1 egg
1 teaspoon sugar
1 cup milk
speck of salt
flavoring

Beat well. Serve cold.

CUSTARD

1 cup milk
1 egg
1 teaspoon sugar
½ teaspoon flavoring
speck of salt

Scald milk, add beaten egg, sugar, salt and flavoring. Pour into a pyrex

custard cup and place in a pan of boiling water, bake in a slow oven about one-half hour.

JUNKET

1 Junket tablet
1 qt. milk
¼ cup sugar
1 teaspoon flavoring

Dissolve junket tablet in 1 tablespoon lukewarm water. Heat milk to lukewarm (90° F.). Remove from stove, add sugar and flavoring, stir well, add dissolved junket tablet. Pour into a dish. Let stand at room temperature until firm. Then chill and serve.

SCALDED MILK DISHES

Pour scalded milk over plain or graham crackers, toast or arrowroot biscuits and serve.

CREAMED CHICKEN ON TOAST

Cut required amount of boiled or roasted chicken into small pieces, heat in white sauce and serve on buttered toast.

CHICKEN BROTH

2 lb. chicken
1 qt. water
1 teaspoon salt

Cut chicken in small pieces, add water and salt, bring to a boil, then simmer for about 6 hrs. Strain. Remove fat. May be kept in refrigerator and used as required.

BEEF JUICE

Broil ½ lb. round steak for 1 or 2 minutes on each side, cut in small pieces, squeeze out juice, salt and serve.

—Mrs. G. Eliasson

BEEF TEA

½ lb. steak
1 cup cold water
seasonings

Wipe the steak, remove fat and cut in small pieces. Put in a glass jar and add cold water, let stand for 15 minutes, cover the jar, place on a trivet in a kettle, surround with cold water, heat slowly to 150°F. for 2 hrs. Strain, remove fat and season. Reheat over hot water to 130°F. and serve.

ALBUMENIZED WATER

½ cup ice water
1 egg white
1 teaspoon lemon juice
sugar to taste

Put ingredients in a fruit jar. Shake until thoroughly blended, strain into glass (lemon juice and sugar may be omitted).

LEMONADE

1 lemon
2 teaspoons sugar
¾ cup water

Grated pineapple or juice, grape juice, etc., may be added to the plain lemonade.

EGG LEMONADE

1 egg
2 teaspoons sugar
2 teaspoons lemon juice
1 cup cold water

Separate the egg; to the beaten yolk add the sugar, cold water and lemon juice. Fold in the stiffly beaten egg white. Serve at once.

—Frances Gillies

FRUIT WHIP

2-3 tablespoons fruit pulp
white of 1 small egg
lemon juice
2 teaspoons powdered sugar

To the stiffly beaten egg white add the pulp, sugar and a few drops of lemon juice. Beat until stiff. Pile in serving dish and pour soft custard around it.

—Frances Gillies

FISH

FISH FILLETS WITH DRESSING ON TOP

2 lbs. whitefish or pickerel fillets
1 quart (or less if preferred) stale bread crumbs as for stuffing
1 teaspoon mixed poultry spices (thyme, marjoram, savory, etc.)
½ cup fried onions (colorless)
Butter or oil to mix dressing
salt and pepper

Cut fillets into small servings. Place in oiled baking dish suitable for table service. Sprinkle with salt and pepper. Mix ingredients for dressing together and sprinkle over top of fish. Place in hot oven, 500° 15 minutes. Invert a pan over fish for first 10 minutes to prevent dressing from browning too rapidly. Remove cover for last 5 minutes. Serve at once with Tartare Sauce.

—Mrs. G. F. Jonasson

A TASTY DISH OF FISH

4 pickerel fillets
½ cup mild vinegar
½ teaspoon ground ginger
1 teaspoon made mustard
3 teaspoons sugar
2 ozs. butter
salt and pepper

Wipe fish with cloth dipped in salt water, rub with salt and pepper and lay in pyrex plate. Melt butter, add mustard, ginger and sugar, stir in vinegar very s l o w l y and mix thoroughly, pour over fish and bake in hot oven for 15 minutes. Have plate closely covered. Serve hot or cold.

—Mrs. C. Sigmar

FISH LOAF

2 to 3 cups flaked left over fish, or lb. can salmon
2 eggs, well beaten
3 soda biscuits, rolled
2 tablespoons milk
2 tablespoons melted butter
salt and pepper
1 teaspoon lemon juice

Flake the fish finely, discarding all skin and bones. Then add ingredients in order given, mix well. Pack lightly in a buttered mould. Bake 45 minutes in a moderate oven 375°F. Serve with hot tartar sauce, made as follows: Season 1 cup white sauce with pepper and cayenne, add one egg yolk, when sauce is thick, add ¼ cup of butter, a little at a time and one tablespoon lemon juice. Then just before serving fold in the stiffly whipped egg whites.

—Mrs. Salome Backman

FISKI BOLLUR (FISH BALLS)

1 lb. fresh cod fillets
2 tablespoons flour
2 tablespoons potato flour
2 tablespoons melted butter
1 teaspoon salt
½ teaspoon pepper
1 teaspoon mace
½ cup milk

Scrape fish to a very fine pulp, or put through the food chopper. Mix the other ingredients with the scraped fish and beat very hard. Form into balls, using about one tablespoon of the mixture and drop into boiling water. Boil steadily for 10 minutes.

These balls may be served with curry sauce and rice or browned in butter and served with potatoes.

—Mrs. J. G. Christie

LEFT OVER FISH

Bone and shred fish, season with salt and pepper, moisten with cream and shape into oblong shaped cakes, dip into beaten egg, roll in bread crumbs and fry in butter until golden brown. Arrange on a platter with small slices of bacon and bits of parsley.

—Mrs. Palmer

FISH SCALLOPS

Heat one cup tomatoes, a small minced onion and a bay leaf in water. Add seasoning and allow to simmer. Fry bacon and in the fat thus rendered stir 1 tablespoon flour. Add to hot mixture and cook until thick. Remove from heat and pour one layer in buttered baking dish. Then alternate with contents of one cup of flaked fish, and shredded cheese. Cover with buttered crumbs and dot with bits of cheese. Bake until crumbs are brown. Serve hot.

—Mrs. L. Stevens, Gimli, Man.

FISH DELIGHT

1 to 2 lbs fish fillets
2 to 4 tablespoons butter
2 tablespoons lemon juice
1 tablespoon finely minced parsley
salt and pepper

Cut the fillets into serving portions, allowing about three to the pound. Line the bottom and sides of the steamer (or colander with a tight lid) with sheet of Vegetable Parchment Paper, placing fillets in bottom, one layer deep. Sprinkle with salt, pepper, and lemon juice, then strew dots of butter over the top. Pull the parchment together and twist to keep in the juice, and place over a pot of boiling water and steam for ten to 15 minutes according to thickness of the fillets.

When opened the fillets will be found swimming in their own juices, which are always lost in boiling or in steaming over an open kettle. The contents of the parchment paper may be transferred to a hot platter and the fish juice poured over the top and sprinkled with the parsley.

—Mrs. L. Stevens, Gimli, Man.

CREAMED FINNAN HADDIE AND MUSHROOMS

4 tablespoons fat
½ lb. sliced mushrooms
2 tablespoons green peppers (diced)
2 tablespoons flour
1½ teaspoons paprika
2 cups milk
2 egg yolks
2 cups flaked cooked finnan haddie

Saute mushrooms and green peppers in 2 tablespoons fat in pan. Remove, melt remaining 2 tablespoons fat in pan over boiling water, add flour, paprika and peppers. Add milk and stir thoroughly until thick. Cook 10 minutes. Pour sauce over beaten egg yolks, cook 2 or 3 minutes. Add mushrooms, green peppers, and finnan haddie. Heat 5 or 10 minutes.

—Hrefna B. McRae

FINNAN HADDIE WITH CREAM SAUCE

3 tablespoons butter
3 tablespoons flour
salt and pepper to taste
2 cups flaked haddie
2 hard cooked eggs
1 tablespoon chopped pimento
1½ cups milk

Melt butter and blend in flour. Add seasonings, then milk slowly, stirring constantly so it will be smooth. Add the flaked fish and heat mixture but do not let it boil. Chop eggs and add with pimento. Mix lightly with fork so the eggs will not streak mixture. Serve on hot buttered toast.

Mrs. H. J. Vopni

NOVEL WAY OF SERVING FISH

2 cups Canadian fish (left over, canned, or finely ground raw fish)
1 large or 2 small onions
3 or 4 medium sized potatoes
salt and pepper
flour
1 cup milk

Remove bones and flake the fish, spread one-half the amount in buttered baking dish. Cover with thin slices of raw onion, and on this place a generous layer of thinly sliced raw potatoes. Sprinkle with salt and pepper, and dredge well with flour. Repeat these three layers, then pour in enough milk to show through the

top layer. Dot with butter, and bake at 375 to 400 degrees F. for about 45 minutes, or until the potatoes are cooked.

—*Mrs. Helga Jonsson*

FISH DUMPLINGS

To be made of salted Cod or Finnan Haddie or any kind of fish.

Run fish through food chopper so that there will be enough for 2 cups. Add an egg and 2 tablespoons of melted butter. Sift enough flour and baking powder to make a stiff dough (about half a cup). Have ready a pot of boiling water and drop fish mixture from a spoon and boil for half hour. Serve with drawn butter or white sauce.

—*Mrs. J. G. Johannsson*

BAKED WHITE FISH

Clean fish, leaving on head and tail; sprinkle inside with salt and pepper. Stuff with bread crumb dressing and sew up neatly. Cut diagonal gashes on either side of back bone 2 inches long, insert narrow strips of cheese. (Gashes on one side should come between gashes on other side).

Place fish in its natural position in well greased pan. Sprinkle with soft butter, salt, pepper and dredge with flour. Bake 1 hour in hot oven, basting frequently. Serve with Hollandaise sauce.

Hollandaise Sauce:

Put about ¼ lb. butter in small saucepan with yolks of two eggs and juice from ½ lemon. Place saucepan in larger pan containing hot water, stir constantly with a small wooden spoon until butter and yolks are blended. The mixture should now be the consistency of boiled custard. Add slowly ¼ cup hot thin cream, stirring constantly. Season with ¼ teaspoon salt and few grains cayenne. Do not allow water in larger saucepan to more than simmer lest you overcook sauce.

—*Sofia Wathne*

SALMON CORN RELISH

1 small can salmon
1 can golden corn
2 eggs
salt and pepper to taste
bread crumbs

Remove skin and bones from salmon. Mix with corn, add eggs beaten separately; salt and pepper. Put in casserole, cover with bread crumbs and melted butter. Bake in moderate oven about 20 minutes.

—*Mrs. Annie J. Parker*

BOILED SALMON

Wipe a thick slice of salmon and tie it in a square of cheese cloth, to prevent scum from settling on fish. Cover with boiling water, season with salt, add 1 tablespoonful lemon juice (to 1 qt. boiling water), cover and cook 30 minutes. Remove from cheese cloth to hot serving platter, trim off skin and garnish with slices of lemon dipped in finely chopped parsley. Serve with Hollandaise sauce.

—*Sofia Wathne*

BLACK COD (BOILED)

Black Cod boiled in exactly the same manner as boiled salmon, will be found very delightful served with the following sauce:

1/3 cup cream
3 tablespoons tomato catsup
3 tablespoons Worcestershire sauce
3 tablespoons butter
juice of 1 lemon

Place cream in small saucepan, placed in simmering water, add butter, tomato catsup, Worcestershire sauce and lemon juice, ½ teaspoon corn starch diluted in water Stir until smooth.

—*Sofia Wathne*

CREAMED SALMON IN THE SHELL

2 tablespoons butter
2 tablespoons flour
pepper and salt
1 cup grated cheese

1 cup cooked fish or salmon
3 eggs

Mix salt, pepper, and flour with melted butter; add milk slowly, stir until smooth. Add salmon, fill shells partly with creamed salmon, then place one-half of a hard boiled egg (small end down) in each pattie, then add the remainder of salmon, sprinkle cheese over the top and return to oven for a few minutes.

Make shells from ordinary pie paste. Roll until quite thin, cut in large circles, place on inverted muffin tins and bake until light brown. Remove from tins and brush inside with butter. Ham may be used in place of salmon by adding ½ teaspoon mustard to sauce.

—Mrs. S. Paulson

SALMON CROQUETTES

1 tin of salmon (small)
1 egg
2 tablespoons milk
3 or 4 soda biscuits rolled

Remove the bones and skin, and flake with a fork. Add whole egg, milk, and biscuit crumbs and form into patties. Fry in hot fat.

—Mrs. L. C. Dyer

CODFISH SOUFFLE

1 cup salt codfish
2 cups raw potatoes
1 tablespoon butter
2 tablespoons ketchup
2 eggs

Shred codfish, wash in water, cook fish and potatoes together until tender. Drain thoroughly, mash, add butter and beat until fluffy, add ketchup. Stir in egg yolks and lastly fold in beaten egg whites. Place in greased baking dish, in a moderate oven (375°) for 20 minutes until brown.

—Mrs. Gwen Johnson

A DELICIOUS WAY TO COOK FISH

2 lbs. fresh fish, boned. Put through chopper
1 egg
2 tablespoons butter
pepper and salt to taste

Add beaten egg, put in bowl with a little milk. Mix well. Arrange in individual moulds as many servings as required, or put in casserole baking dish. Cover top with grated cheese, sprinkle with pinch of paprika. Bake in moderate oven according to what kind of fish is used. Filleted pickerel is very good for this dish; should be baked for about 15 minutes.

—Mrs. O. M. Cain

BAKED FILLETS OF FISH

Allow ½ lb. of fish for each person, cut fillets in medium sized portions, wash and dry with a cloth.

Prepare in a bowl:

2 cups milk with 2 teaspoons salt and little pepper, in another bowl have ready 2 cups bread crumbs rolled as fine as cornmeal. Butter a pan well and have ready. Now dip each piece of fish in milk and roll in crumbs, as much as they will hold. Place in pan and bake in a real hot oven from 10 to 15 minutes.

While fish is cooking, make this sauce:

1 egg yolk
1 cup melted butter (cooled)

Rub a little onion on the inside of a bowl, add egg yolk, beat well with a wire beater, drop butter in small quantities on egg yolk and continue beating. Add a little salt and finely chopped parsley, keep beating for a few minutes more. Put a spoonful of this dressing on each piece of fish, sprinkle with a dash of paprika. Arrange on a platter and decorate with slices of lemon and chopped parsley.

—Mrs. J. S. Gillies

OYSTER STEW

1 qt. oysters
6 to 8 cups milk
¼ cup butter
salt and pepper

Bring milk to boiling point, add oysters and heat until oysters become

plump and edges curl, add butter, salt and pepper to taste.

—Mrs. Palmer

FRIED OYSTERS

Wash and drain oysters. Season with salt and pepper, dip in flour, egg and then bread or cracker crumbs. Fry in hot fat until golden brown. Drain well and garnish with lemon and parsley.

—Mrs. A. S. Bardal

BAKED FISH A LA RAREBIT

Scotch - cured Finnan Haddie, or boneless Haddock Fillets:

1 pint rich milk
2 cups shredded Canadian cheese
½ cup flour
1½ level tablespoons mustard
1 tablespoon butter
1 teaspoon salt (if fresh fish used)

Mix dry ingredients well together. Blend well with portion of milk. Scald remainder of milk and stir in flour mixture. Add cheese and butter. Let come to boil. Have fish fillet flat in pyrex platter or roaster. Spread cooked mixture over fish and bake 20 minutes.

—Mrs. C. Goodman

TUNA FISH SCALLOP

1½ cups carrots cubed
½ cup onion chopped fine
1½ cups potatoes
1 small can tuna fish
4 tablespoons butter
2 cups milk
1 can peas
1 teaspoon salt

Boil carrots and onions together 15 minutes, add potatoes and boil all until tender. Make white sauce of milk etc., add vegetable juice if any left, add peas to vegetables. Flake tuna fish and add to white sauce, butter baking dish and put a layer of vegetables, add layer of cream mixture, until all is used up. Cover with bread crumbs and bake in moderate oven for about 30 to 40 minutes.

—Mrs. M. B. Matthiasson

PANNED OYSTERS

Pick over oysters and drain. Melt 2 tablespoons butter in hot frying pan put in oysters, sprinkle with salt and pepper, cook, stirring constantly until oysters curl on the edges. Serve on buttered toast pouring over them the liquid from the pan, adding to it the juice drained from the oysters, more salt, pepper and butter if needed and serve with tomato catsup.

—Mrs. Elinborg Hansson

HOW TO COOK LUTEFISH

Cover fish with cold water to thaw if frozen.

To cook, place fish in cold water and allow to come to a boil, add a little salt, boil for about two minutes.

Serve with melted butter or white creamed gravy.

—Mrs. F. Shaw

OYSTER PIE

Pastry:

1 cup flour
1 teaspoon baking powder
3 tablespoons butter
½ teaspoon salt
2 tablespoons cold water (more or less)

Filling:

oysters (fresh or canned)
1 teaspoon grated onion
1 teaspoon minced parsley
1 cup thick white sauce with cheese melted in
salt and pepper to taste

Sift flour with salt and baking powder. Lightly rub in butter. Mix to a dough with cold water and turn on to a lightly floured pastry board. Roll out to ⅛ inch thickness. Line a deep pyrex dish with pastry, make a crinkly edge. Add a layer of oysters, sprinkled with salt and pepper. Add ¼ teaspoon grated onion and sprinkle with 1 teaspoon grated parsley. Repeat layers and seasoning three times. Add sauce. Roll remainder of pastry and cut into strips ½ inch wide. Brush edge of lining with cold water.

Bake in moderate oven for about 35 minutes.

Garnish with riced potatoes. Serve with lettuce salad as a main course at lunch or serve alone as a second course at dinner. Serves six.

—Mrs. H. G. Henrickson

BAKED HALIBUT

2 lbs halibut (in piece)
2 cups milk
1 cup crumbs (bread or cracker crumbs)
butter size of an egg
2 eggs
salt and pepper to taste

Scald fish. Place in greased pan with a few crumbs underneath. Mix crumbs with beaten eggs and milk. Pour mixture over fish and bake in hot oven about 1 hour. Serve hot.

—Mrs. L. Thomsen

VEGETABLES, CASSEROLE DISHES, EGGS and OMELETS

CHICKEN EN CASSEROLE

1 chicken
butter, salad oil or other fat
1 pint rich brown stock
12 button mushrooms or more
12 potato balls
1 carrot, sliced
3-6 small onions
salt, pepper, paprika

Wash chicken and cut up. Saute the pieces in a little fat until well browned on all sides. Place in a greased casserole, add brown stock, cover and cook in a slow oven (350°F) for an hour. When the chicken has been cooking for an hour, saute the carrot slices, the potato balls, the onions and the mushrooms in a little fat, stirring them lightly around until they are well browned. Put these with the chicken in casserole, season with salt, pepper and paprika, add more salt if needed, cover and cook for three quarters of an hour, then remove the cover and allow the chicken to brown before serving.

—Mrs. Jon F. Bjarnason

MEAT PIE CASSEROLE

1 cup or more left over roast beef
2 cups cooked potatoes diced
1 minced onion
1 cup cooked carrots, peas or both
salt, pepper and gravy

Mix in order given. Put in casserole, cover with thick pie crust. Bake in oven (375°F).

COOKED HAM IN CREAM SAUCE

1 cup chopped ham
1 cup diced cooked potatoes
½ cup fine green peas
2 hard cooked eggs (chopped)
salt and pepper

Make a cream sauce with 1 tablespoon butter, 1 tablespoon flour and 1 cup milk. Cook until thick. Combine the first mixture. Put in casserole. Sprinkle top surface with grated cheese. Serve piping hot. Oven about (350°F).

BEEF CASSEROLE

1 lb round steak, chuck or rump
2 onions, sliced
4 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1 oxo cube dissolved in
1 cup hot water
1 cup sliced carrots

Brown onions lightly in the fat. Cut beef into cubes and dredge with the flour, salt and pepper. Remove onions and brown meat on all sides. Add

oxo and simmer slowly till meat is tender. If gravy becomes too thick add a little water or stock. Add the browned onions and carrots, turn into casserole, cover with creamy mashed potatoes and bake in moderate oven (350°F) about ½ hour. Serves four.

—Mrs. L. J. Dixon

SQUASH AND MEAT CASSEROLE

Line bottom of greased casserole with soft bread crumbs. Add a thick layer of cooked squash, then add layer of browned minced steak or left over chopped roast pork, or beef or ham. Season with onion juice, worcestershire sauce, salt and pepper. If meat is dry spread a little chili sauce, or canned tomato over it. Cover with squash and top with bread crumbs. Bake at 375°F for 30 minutes.

THREE IN ONE DINNER

Put the following in bottom of casserole:

1 can whole kernel corn
1¾ cups bread crumbs soaked in ¼ cup milk
1 egg
2 teaspoons chopped onion
½ teaspoon poultry seasoning
1 tablespoon melted butter
salt and pepper

Over this put 5 pork chops, browned and seasoned. Then add 1 quart sliced raw potatoes, a bit of butter, 1½ teaspoons salt and pepper and 1½ cups milk. Bake in moderate oven 350°F for 1 to 1½ hours.

—Mrs. R. R. Goodwin

BAKED OMELET

1 tablespoon melted fat
4 eggs
8 tablespoons milk
½ teaspoon corn starch
2 tablespoons water
salt and pepper

Beat the eggs well, add milk and beat again. Add fat, seasoning and corn starch mixed with water. Turn into greased fireproof dish and bake in moderate oven about 15 minutes. Serve hot.

—Mrs. F. Johnson

HAM AND POTATO SCALLOP

Slice 4 cups cooked potatoes. Arrange in alternate layers with pieces of cooked ham in large casserole. Add about 2 cups of thin, seasoned white sauce. Bake in moderate oven (350°F) about 30 minutes.

—Mrs. Roy Ullyot

MUSHROOM OMELET

1 cup mushrooms
1 tablespoon fat
½ cup milk or cream
1 teaspoon salt
½ teaspoon pepper
1 tablespoon flour
plain omelet

Use fresh or canned mushrooms cut into pieces. Melt fat in saucepan, add the mushrooms, the milk or cream, salt, pepper and flour which has been mixed to a paste with a little cold milk. Cook for 5 minutes, then set aside until the omelet is made. Spread the mushroom mixture over the omelet just before folding.

OYSTERS AU GRATIN

8 oz. package macaroni
1 pint fresh or 3 12-ounce packages frozen oysters
1/3 cup butter or margarine
1/3 cup flour
2 cups milk
2 teaspoons salt
¼ teaspoon pepper
2 cups grated sharp cheese
¼ cup sherry
½ cup buttered bread crumbs

Cook macaroni as directed on package. Drain oysters. Reserve 1 cup liquid. Melt butter or margarine in pan over low heat. Blend in flour, add milk and oyster liquid gradually. Cook and stir until thick. Add rest of ingredients except bread crumbs and ½ cup cheese. Pour into greased two quart casserole, top with crumbs and remaining cheese. Bake in moderate

oven 350°F, about 30 minutes. Serves six. —*Vera Johannsson Younger*

OYSTER OMELET

12 oysters
½ tablespoon flour
2 tablespoons fat
1 cup cream
6 eggs
salt and pepper

Chop the oysters. Make a sauce of the flour, fat and cream. Add the well beaten eggs, season with salt and pepper, stir in the oysters and cook as a plain omelet.

CUBAN EGGS

6 eggs
¼ cup sausage meat
1 teaspoon chopped onion
½ teaspoon salt
pepper

Cook the meat and onion together for 5 minutes. Beat the eggs until light, add the seasonings and pour into the pan with the meat. Cook slowly, stirring constantly until the eggs are thick and creamy. Serve with buttered toast or poured over slices of toast.

KIDNEY OMELET

4 small kidneys
6 tablespoons fat
6 eggs
salt and pepper to taste
1 tablespoon chopped parsley
2 tablespoons cream

Melt 2 tablespoons fat in frying pan. Skin kidneys and cut into small dice, toss into hot fat for 3 minutes. Whip whites of eggs to stiff froth, then add yolks, seasoning, parsley, and cream, then add kidney. Melt remaining fat in omelet pan or frying pan. Pour over omelet and fry over clear fire 6 minutes. When the edges are set, fold edges over so that omelet assumes an oval shape; be careful that it is not done too much; to brown top put it in oven. Slip it carefully onto a hot dish and serve the instant it comes from the oven.

—*Mrs. L. J. Dixon*

EGGS WITH TOMATOES

1 small onion
2 cups tomatoes
1 teaspoon salt
¼ teaspoon pepper
6 eggs
toast

Cut the onion into small pieces and place with the tomato in a shallow casserole. Stew very slowly for ten minutes. Add salt and pepper, then reduce the heat until the tomatoes stop bubbling. Break the eggs and slip them on top of the tomato, being careful not to break the yolks. Cook slowly until the whites of the eggs are set, then prick the yolks and let them mingle with tomato and the whites. The mixture should be quite soft, but the tomato should be quite distinct. Serve at once on buttered toast.

SCOTCH EGGS

2 hard boiled eggs
½ lb. sausages or sausage meat

Shell the eggs and enclose in sausage meat separately. Coat twice with beaten eggs and bread crumbs. Fry in deep fat 7 to 10 minutes, or in frying pan. Cut the eggs in two and serve on toast. Garnish with parsley.

—*Pamela M. Thorgrimsson*

MUSHROOMS AND EGG ROLLS

1 cup chopped mushrooms
2 chopped hard cooked eggs
½ cup thick, well seasoned white sauce
slices of bread

Spread bread lightly with butter, then with filling made from above ingredients, (mix well) and roll. Fasten with toothpicks until ready to serve.

EGG DUMPLINGS

1 teaspoon salt
½ cup milk
1 egg beaten
1½ cups sifted flour

Add salt and milk to beaten egg and stir into flour to form a smooth

batter. Drop by the teaspoon into boiling water, salted, or soup, cover tightly and cook 15 minutes, being careful not to lift the lid during this time. Drain in colander. These may be served with hot fat poured over them or with meat gravy or stew. Makes eight dumplings.

SALMON SOUFFLE

1 lb. tin of salmon
¾ cups bread crumbs
½ cup milk
1 tablespoon butter
salt and pepper
chopped parsley
2 eggs

Skin and flake salmon (crush and use bone—it contains calcium). Soak bread crumbs in the milk. Add the salmon and seasonings. Separate the eggs, beat the yolks until thickened. Beat the whites until stiff. Add the yolks to the salmon mixture, mix well. Lightly fold in the stiffly whipped whites. Place in one large casserole buttered and bake in moderate oven for about 20 minutes. Will look puffed up and browned. Serve garnished with parsley, and french fried potatoes.

SALMON AND CORN SOUFFLE

1 lb. tin salmon
1 teaspoon lemon juice
¼ teaspoon pepper
2 egg whites
2 cups thick white sauce
1 teaspoon Worcestershire sauce
½ cup buttered bread crumbs
1 cup canned corn
1 teaspoon salt

Flake salmon; add white sauce and all seasoning. Beat egg whites until stiff and fold into mixture. Saute corn slightly. Pour half the first mixture into baking dish. Add corn and then the rest of the salmon mixture. Cover with the crumbs and bake in slow oven (325°) 35 minutes.

—Jonina Matthiasson

TUNA SUPPER DISH

1 tin tuna
2 cups Saratoga potato chips
1 tin mushroom soup

Combine together and put in buttered casserole dish. Bake in moderate oven for ½ hour.

—Jonina Matthiasson

MACARONI AND ROUND STEAK

1 cup macaroni
1 lb. minced round steak
½ cup tomatoes
2 onions
½ cup grated cheese
½ cup bread crumbs
3 tablespoons butter
salt and pepper

Cook macaroni in boiling salted water until tender. Chop onion. Grease casserole — put in macaroni, meat, onions, seasonings, tomatoes, cheese. Cover with buttered crumbs. Bake 1 hour in moderate oven.

—Mrs. G. F. Morris

SPANISH RICE No. 3

2 medium onions
1 lb. minced round steak
1 small tin tomatoes
½ cup rice
1 green pepper

Put 2 to 3 tablespoons bacon fat in frying pan and cook onions and green pepper until tender. Remove onions and pepper and brown in the fat the minced round steak. Cook rice until tender, then mix with steak, onions and green pepper. Add tomatoes and place in casserole. If desired place 2 or 3 strips of bacon on top. Bake in moderate oven about 1 hour.

—Mrs. R. R. Goodwin

CHILI CON CARNE

1 lb. minced steak or hamburger
1 onion
1 tin kidney beans
1 tin tomato soup
1 teaspoon chili powder
salt and pepper

Fry hamburger and onion until nicely browned, then add the beans,

soup and seasoning, simmer for half hour.

—Mrs. James Bann

SALMON SURPRISE

1 lb. tin salmon
1 teaspoon vinegar
2 cups hot mashed potatoes
1 medium sized tin of cream of mushroom soup
1/3 teaspoon salt, few grains pepper
½ tablespoon worcestershire sauce
buttered bread crumbs

Flake the salmon and remove any bones or skin. Add salt, pepper, worcestershire sauce to the mushroom soup. Put alternate layers of the salmon and potatoes in greased baking dish. Pour soup over whole and cover top with buttered bread crumbs. Cover with a greased cover and place dish in pan of hot water. Place in moderate oven for about 25 minutes, uncovering the last 5 minutes of cooking.

—Mrs. Jon F. Bjarnason

PORK CHOPS EN CASSEROLE

6 pork chops
6 sweet potatoes
salt and pepper
1½ cups milk
½ cup brown sugar

Place a layer of potatoes, sliced crosswise in a greased casserole, salt and pepper, a little brown sugar; continue the layers until the casserole is about two-thirds full. Heat milk and pour it over the potatoes, it should just cover them. Place the pork chops on top of the potatoes cover and bake (350°F.) for an hour then remove the cover and season with salt and pepper. Leave cover off and cook until the chops are tender and nicely browned.

—Mrs. J. Spurway

SURPRISE HAM CROQUETTES

2 cups mashed potatoes
1 tablespoon fat, melted
3 egg yolks
cayenne
1 cup chopped cooked ham
crumbs and egg

Mix potatoes, fat, 2 egg yolks and cayenne. Beat until smooth, then cool. Mix ham with remaining yolk and cook until mixture thickens. Chill. Take a large tablespoon of the potato mixture, make a hole in the centre, put a large teaspoon of the chopped ham inside, close the hole and form a ball. Roll in crumbs, then in egg, again in crumbs, and fry in hot deep fat (380°F.) about 5 minutes. Drain. Makes eight.

SAUSAGE CASSEROLE

1 lb. sausages
1 lb. fresh tomatoes
1 can tomato soup
2 cups water
6 medium onions
2 tablespoons butter or dripping
2 or 3 tablespoons flour

Place sausages in roaster and brown in oven. Drain off the fat, add tomatoes cut in half, ½ can tomato soup and 1 cup of water. Chop onions, fry slowly for 10 minutes and add to the sausages. Brown the flour in the frying pan, add the remaining ½ can tomato soup, and 1 cup cold water. Bring to a boil, stirring constantly. Simmer 3 or 4 minutes. Pour into the roasting pan with sausages and bake 15 minutes more.

—Mrs. H. F. Eyford

SPARERIBS AND SPAGHETTI

2 lbs. spareribs cut up in serving pieces, browned in very hot oven. (pour off excess fat). Boil 1½ cups spaghetti in salt water and drain. Combine with the ribs, and add a tin of canned tomatoes, and a large onion sliced. Season. Put back in oven turned down to moderate heat for about ½ hour.

—Mrs. C. A. Maddin

VEAL AND BACON CASSEROLE

Arrange in layers, back bacon, veal, bacon etc. (whatever quantity of veal you wish to have) in casserole. Sea-

son slightly. Cover and bake about 1 hour in moderate oven. When done the veal will have absorbed the color and flavor of the bacon. Do not add any water.

—Mrs. C. A. Maddin

SCALLOPED POTATOES AND HAMBURGER

Saute ½ lb. hamburger and 1 cup sliced onions in 2 tablespoons shortening until meat is browned. Peel and slice 6 potatoes very thin. Arrange potatoes and meat and onions in layers, sprinkling each layer with salt and pepper and flour (about 3 tablespoons flour). Heat 3 cups milk in pan in which meat was browned. Pour over potatoes. Bake in moderate oven 350°F. 1 to 1½ hours or until potatoes are tender.

—Lillian Eyolfson

RICE A LA CREOLE

1 cup chopped boiled ham
1 medium onion
1 cup boiled rice
1 can of tomatoes
1½ cups fine soft crumbs
2 tablespoons butter or fat
celery salt
salt and pepper

Mix ingredients in order given. Bake in greased casserole for 1½ hours (350°F.). This dish makes a good one-dish meal.

FISH A LA REINE

2 cups left over fish
1 large onion
3 to 4 medium potatoes
salt and pepper
flour
1 cup milk
butter

Flake fish and remove bones. Spread one half the amount in a buttered baking dish. Cover with thin slices of raw onion and on this place a generous layer of thinly sliced potatoes. Sprinkle with salt, pepper and flour. Repeat these three layers, then pour in enough milk to show through the top layer. Dot with butter and bake at 375°F. for about 45 minutes, until potatoes are cooked.

SPANISH RICE No. 2

¾ cup rice
2 tablespoons fat
5 cups water
2 onions
2 cups tomatoes
½ cup chopped green peppers or pimento
salt, pepper, paprika

Fry the rice in the fat until brown, then add water and boil until soft. Drain. Saute the onions in a little fat; mix with tomatoes and chopped pepper or pimento, and add to the rice. Add seasoning and place in a greased casserole. Bake at 350°F. for thirty minutes.

CORN CHOWDER

2 slices bacon
½ cup chopped onions
¾ cup sliced celery
1 cup diced potatoes
2 teaspoons salt
pepper
2 or 3 tablespoons flour
2 cups milk
1 can cream style corn
1 tablespoon minced parsley

Cut bacon in ½ inch strips — fry until crisp. Add onions, celery, potatoes; brown lightly. Add seasonings and ½ cup water; cover; simmer till vegetables are crisp cooked. Beat flour into milk; add to vegetables. Stir constantly till boiling point is reached. Add corn and parsley; cook a few more minutes. Now it's ready to serve.

—Valdine Scrymgeour

SPANISH RICE No. 1

2½ cups tomato juice and pulp
½ green pepper diced
2 teaspoons salt
1 cup washed rice
2 onions diced
2 tablespoons butter
1 teaspoon sugar

Mix ingredients well and pour into a greased baking dish. Bake in a moderate oven about 1½ hours.

BOSTON BAKED BEANS

2 cups pea beans
1 small onion
⅛ lb. salt pork, scored
½ teaspoon salt
½ teaspoon dry mustard
2 tablespoons molasses

Soak beans in cold water overnight. Simmer until skins begin to burst, turn into bean pot over onion. Bury pork in beans, leaving only the rind exposed. Mix salt, mustard and molasses in a cup, fill with hot water, stir until well mixed and pour over beans. Add water to cover and bake in a slow oven (300°F.) 6 to 8 hours, adding more water to cover until the last hour. Remove cover and raise pork to the surface to brown. I like these sweetened with ¾ cup of brown sugar added.

Quick Method:

Use same ingredients as above but do not soak beans over night. Cover with cold water and heat slowly to boiling. Simmer for 15 minutes, drain and cover with boiling water. Add onion and pork and simmer until beans are tender. Turn into bean pot and bake as above.

—Mrs. F. Johnson

CABBAGE AND APPLE TREAT

6 cups shredded cabbage boiled in salted water for 8 minutes, add 1 teaspoon cooking oil. Drain. Put 2 tablespoons bacon fat or oil in frying pan, 2 cups chopped apples, 1 teaspoon sugar, salt and pepper, celery salt. Stir for 5 minutes. Combine the cabbage, serve at once, sprinkle with a little vinegar.

CORN FRITTERS

1 egg beaten
½ can cream style corn
½ cup flour
salt to taste
½ teaspoon baking powder

Mix in order given, fry like pancakes on hot greased pan, serve as vegetable with meat and gravy.

STUFFED PEPPERS

Cut tops of 6 peppers or cut them lengthwise into halves. Remove inner fibres and seeds. Cook in boiling water 2 to 3 minutes. Drain, sprinkle with salt and fill with corn beef hash, creamed, cooked corn or the following stuffing. Cover with buttered crumbs and bake in moderate oven (375°F.) about 25 minutes. Serves 6.

Meat Stuffing:

2 cups minced cooked meat (veal, chicken or ham)
1¼ cups crumbs or rice (cooked)
salt and pepper
1 tablespoon fat, melted
½ onion, minced
1 cup water or stock

Mix meat with crumbs and add salt, pepper, fat and onion, moisten with enough water.

Variations:

Increase meat to 3 cups, reduce crumbs to ½ cup and add 1 egg. Omit water.

SPANISH ONION SOUFFLE

Halve and cook two medium large onions in salted water till tender, drain and chop fine. Season well with butter, pepper and salt. Make a thick white sauce of one cup of milk, 3 level tablespoons each of flour and butter, and a little salt. Add the onions. Cook till thick, remove from fire and add 3 well beaten egg yolks and a teaspoon of lemon juice, then fold in the stiffly beaten egg whites. Turn into buttered casserole, sprinkle with salt and pepper and paprika. Set dish in a second dish of hot water and bake until golden brown. Oven 350°F.

FIVE MINUTE CABBAGE

4 cups finely chopped cabbage
2 cups milk
2 tablespoons butter
2 tablespoons flour
salt

Heat milk to boiling, add cabbage. Cook 2 minutes. Add butter and flour which has been cooked until frothy. Cook 3 or 4 minutes longer and serve.

—Mrs. G. F. Goodman, Lundar, Man.

TWICE BAKED POTATOES

Select large potatoes; scrub and bake. Remove from oven and cut potatoes in two lengthwise. Scoop out the inside, being careful not to break the shell. Mash very thoroughly or put through ricer; add butter, salt and milk and beat well. Pile the mixture lightly back into the shells. Do not smooth down the top. Stand the filled shells in a shallow pan, return to the oven (400°F.) and brown lightly on top. These are very nice served with strips of bacon, broiled on top of potatoes and a poached egg for each potato.

—Mrs. O. Johnson

POTATO CHIPS OR SARATOGA POTATOES

Wash and pare potatoes and shave into very thin slices. Soak them for one hour in cold water, then drain and dry on a towel. Fry in deep fat (395°F.) a few slices at a time until light brown, keeping them in motion with a skimmer. Lay them on soft paper to drain. Sprinkle lightly with salt and serve.

—Marlene McColl

SWEET POTATOES WITH PINEAPPLE

6 small sweet potatoes
1/3 as much pineapple as potatoes
1/3 cup honey
¼ cup water

Boil the potatoes with the skin on. When cool, peel and cut them in pieces ¼ of an inch. Mix honey and water. Just cover the bottom of a baking dish with the mixture, add the potatoes and sliced pineapple. Pour the remaining honey mixture over them and bake for ten minutes in the oven (400°F.).

—Mrs. J. Sprout

SWEET MASHED POTATOES

2 cups mashed sweet potatoes
milk, salt, pepper
¼ cup butter
marshmallows for top

Left over sweet potatoes may be used for this dish. Mash potatoes, add sufficient milk, butter to make smooth. Season with salt and pepper. Put in well greased casserole. Cover potatoes with marshmallows and bake in a moderate oven 350°F. until browned.

POTATO PUFFS

Made from cold mashed potatoes. Mix 1 egg well beaten to cold potatoes. Season with salt and pepper. Drop by spoonfuls into dish of corn flakes, roll. Place in greased pan and heat in moderate oven.

—Mrs. E. E. J. Sallows

POTATO TURNOVERS

cold roast, beef or veal and ham mixed
hot mashed potatoes
1 or 2 eggs
seasoning

Cut meat fine. Take twice as much potatoes. Make into paste with the egg. Roll out dredging with flour. Cut out rounds the size of a saucer. On one half put the chopped meat, fold the other half over and brown in oven or pan.

—Mrs. Eggert Johnson

BAKED TOMATOES

6 ripe tomatoes (uniform)
butter
salt and pepper
1 cup bread crumbs
1 egg, beaten

Peel the tomatoes, roll in beaten egg, cover all over with bread crumbs, place in greased baking dish and dot with plenty of butter, salt and pepper. Bake in hot oven for about 20 minutes. (plunge tomatoes in boiling water for 1 minute to peel).

—Mrs. Theo Timlick

BAKED STUFFED TOMATOES

4 large firm tomatoes
1¼ cups soft bread crumbs
1 tablespoon minced onion
3 tablespoons melted butter or margarine
1 teaspoon sugar
1 teaspoon salt
1 teaspoon grated nippy cheese

Wash tomatoes and cut off thin slice on top. Scoop out pulp and juice and reserve. Sprinkle inside of tomatoes with salt. Fry onion with fat until tender. Add chopped tomato pulp; juice, 1 cup bread crumbs, sugar and salt. Stuff tomatoes with this mixture. Combine remaining ¼ cup crumbs with one tablespoon butter and cheese. Sprinkle over top of tomatoes. Place in a shallow baking dish or muffin tins and bake in oven (375°F.) until done.

STUFFED ONIONS

Remove skins from onions. Parboil 10 minutes, remove part of centre. Fill cavities with a dressing of bread crumbs, finely chopped onion, melted butter, chopped cooked veal. Place into buttered baking dish or pan, sprinkle with buttered crumbs and bake in moderate oven until onions are soft.

STUFFED CUCUMBERS

3 medium cucumbers
1 cup chopped tomato
1 onion, minced
1½ cups minced cooked chicken
1 tablespoon tomato catchup
1 teaspoon salt
¼ teaspoon pepper
½ teaspoon sugar
paprika
1 cup thin white sauce
buttered crumbs browned

Cut cucumber lengthwise into halves, pare and scoop out inside, saving pulp. Salt shells lightly and place close together in buttered pan. Mix pulp with tomato, onion, chicken, seasonings and white sauce and fill cucumber shells. Bake in moderate oven (350°F.) 20 to 25 minutes. Cover with crumbs. Serves six.

SPICED BEETS

1 tablespoon cornstarch
2 tablespoons sugar
½ teaspoon salt
¼ teaspoon ground cloves
1/3 cup vinegar
2/3 cup water
4 cups cooked, diced beets or whole small beets
1 tablespoon butter or margarine

Mix cornstarch, sugar, salt and spice. Add vinegar and water. Cook, stirring constantly until thickened. Add beets. Simmer gently for 10 minutes. Add fat. About 6 servings.

CORN ON THE COB

Select young corn. The grains should be tender and milky. Toss into boiling salted water to which a few tablespoons of milk have been added to prevent discoloration. Boil 5 to 10 minutes. Remove from water, drain, serve immediately. (A little sugar may be added to the water in which the corn is cooked).

ASPARAGUS AU LA

Drain a can of asparagus (green) and season with salt and pepper and arrange in a baking dish. Cover with a can of asparagus soup and over the top put a generous layer of grated cheese and sprinkle with paprika. Put into a hot oven until the cheese is melted and the sauce bubbles.

CORN SCALLOP WITH SOUR CREAM

2 cups soft bread crumbs
1 can cream style corn
¼ cup sour cream
2 tablespoons butter
salt and pepper

Sprinkle a greased casserole with the buttered bread crumbs and cover with half of the seasoned corn. Cover with a layer of crumbs, then with the remainder of corn. Pour in the

sour cream and cover with a thick layer of buttered crumbs. Bake in (350°F.) oven 20 to 30 minutes.

SCALLOPED CARROTS AND POTATOES

4 medium potatoes
1 large onion
2 tablespoons butter
4 medium carrots
2 cups milk
1 teaspoon salt
¼ teaspoon paprika

Peel and slice potatoes, carrots and onion. Grease a baking dish and place vegetables in alternate layers in dish. Season each layer and dot with butter. Pour milk over the layers and bake in moderate oven for 1½ hours.

MACARONI AND CHEESE

1 8 oz. package macaroni
3 tablespoons flour
½ lb. cheese
2 teaspoons salt
⅛ teaspoon pepper
4 tablespoons butter
3 cups milk
½ teaspoon dry mustard
few drops worcestershire sauce

Cook macaroni according to directions on the package, then drain well. Set oven at 400°F. or moderately hot. Melt butter, take off the stove and stir in the flour until smooth. Add the milk, put back on stove and cook, stirring constantly, until as thick as thin cream. Now stir in the mustard, salt worcestershire sauce and pepper. Grease baking dish. Put layer of macaroni on the bottom, then a layer of grated cheese. Repeat this until macaroni and cheese are used up, having a layer of cheese on top. Pour over this the milk sauce and cook in oven for 30 minutes.

—Valdine Scrymgeour

CHEESE PUFFS

¼ lb. soft cheese
½ teaspoon baking powder
3 egg whites

Put cheese through ricer or grater. Beat the egg whites until firm, adding the baking powder at the last. Fold in the cheese and pile on slightly toasted rounds of bread. Place in a slow oven, 6 to 7 minutes until egg white is firm and cheese melted. Too high a temperature will cause puff to fall. Delicious served hot.

CHEESE OMELET

3 eggs
1 teaspoon salt
few grains pepper
2 tablespoons butter
1 cup milk
2 tablespoons flour
4 tablespoons cheese

Make a sauce with milk, flour, butter and ½ teaspoon salt, cook until thick, remove from the fire and add cheese. Stir until smooth and well blended. Separate eggs. Beat yolks until thick and light in color. Add to cheese mixture and beat lightly till thoroughly mixed. Beat whites until stiff, add salt. Fold in first mixture. Pour at once into heated buttered pan. Cook slowly. Serve at once.

CHEESE RAREBIT

3 tablespoons butter
1 small onion
3 tablespoons flour
2 cups canned tomatoes
1 teaspoon worcestershire sauce
salt and pepper
2 cups grated cheese
2 cups corn, macaroni, spaghetti may be added with the tomatoes

Cook onions (chopped) slowly in the butter for 5 minutes. Stir in the flour. Gradually add the tomatoes and cook until mixture thickens. Add grated cheese and seasoning. Cook very slowly until cheese melts. Serve at once on toast.

RICH CHEESE SAUCE

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
1 cup milk
¾ cup grated mild cheese

Melt the butter over boiling water. Add the flour and blend well with the butter. Add the salt. Slowly add the milk, stirring constantly until thickened and smooth (about 10 minutes). Stir in the cheese and continue stirring until the cheese has melted. Yield: about 1¼ cups.

CHEESE SOUFFLE

1 tablespoon quick cooking tapioca
½ teaspoon salt
1 cup milk
1 cup grated cheese
3 well beaten egg yolks
⅛ teaspoon worcestershire sauce
3 stiffly beaten egg whites

Combine tapioca, salt and milk. Cook in double boiler 10 minutes, stir frequently. Add cheese. Cook until cheese melts. Add a little hot mixture to egg yolks; stir into remaining hot mixture. Add Worcestershire sauce. Cool slightly. Fold into egg whites. Bake in ungreased casserole in slow oven (300°) 1 hour and 15 minutes.

—Sigga Bardal

MEATS

SCALLOPED HAM AND POTATOES

1 slice from centre of ham 1 in. thick (approximately 1¼ lbs.)
1/3 cup brown sugar
1 tablespoon flour
1 tablespoon mustard
1 quart potatoes
1 pint milk
¼ teaspoon soda

Mix dry ingredients and blend well with a little milk to make paste. Spread evenly over ham. Put ham in greased pyrex dish or casserole. Put potatoes cut in fair-sized pieces around ham. Add soda to milk and pour over potatoes. Bake slowly for 1 hour. Do not allow to become dry. If meat is not tender, turn it over after half hour of baking.

—Mrs. J. Hannesson

HAM ROLLS WITH CHEESE SAUCE

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
¾ cup milk (or half milk and water)
1 cup minced ham
2 teaspoons butter
1½ tablespoons prepared mustard

Add butter and mustard to ham and mix well. Sift together flour, baking powder and salt. Add shortening and mix well with fork. Add liquid to make soft dough. Turn out on floured board and toss lightly until outside looks smooth. Roll out ¼ inch thick in sheet 12 inches long and 10 inches wide. Spread with ham. Roll up lengthwise like jelly roll and cut in slices 1½ inches thick. Flatten out each slice down to 1 inch and place on greased pan. Bake in hot oven about 14 minutes. This makes 8 good-sized rolls.

Cheese Sauce: Melt 2 tablespoons butter, add 2 tablespoons flour, stir until blended. Add 2 cups milk slowly, stirring constantly until thick and smooth. Bring to a boil and boil 2 minutes. Add ½ cup grated cheese and stir until cheese has melted. Pour over rolls while hot and serve.

—Mrs. H. Einarson

NEW ENGLAND HAM

Ham steak 1½ inches thick. Place in a roaster and cover with the following paste.

4 tablespoons brown sugar
1 tablespoon mustard
2 tablespoons flour
1 teaspoon vinegar

Pour milk around it, almost covering. Bake 1¼ to 1½ hours in a moderate oven. Baste constantly and turn

when half done. Serve with baked potatoes.

—Thorstina Jackson Walters, New York City

BAKED COTTAGE ROLL

2 lbs. cottage roll
4 whole cloves
2 bay leaves
8 cups water
1 onion sliced

Scrub the cottage roll well; put into a deep kettle; add the other ingredients and the water; bring slowly to a boil; simmer covered for two hours. Let cool in the liquid, remove to a roaster; cover with the following topping:

½ cup brown sugar
½ cup dried bread crumbs
1 teaspoon cinnamon
1 egg yolk beaten
¼ teaspoon cloves
2 tablespoons orange juice

Mix the ingredients and spread over the top. Bake for 30 minutes, basting frequently.

—Mrs. J. Forsyth, Ericksdale, Man.

MEAT BALLS

1 lb. round steak
½ lb. pork
1 egg
2/3 cup milk
1 small onion
¼ cup bread crumbs
salt and pepper

Put meat twice through meat-grinder. Add beaten egg, milk, onion chopped fine and bread crumbs. Season with salt and pepper. Beat mixture thoroughly. Form into small balls. Roll in bread crumbs and fry in butter till brown on both sides.

Pour a can of tomato soup over meat balls and bake in oven for ½ hour.

—Mrs. B. B. Jonsson

MEAT BALLS

(Make these when you have gravy left over from yesterday's roast)

¾ lb. minced steak
2 tablespoons minced onion
2 tablespoons milk
½ cup flour
½ teaspoon baking powder
1 egg

Mix and season with salt and pepper. Make into twelve balls; flatten and dredge in flour. Fry in a little butter and shortening. When brown add ½ cup water and left over gravy and let simmer slowly for ½ hour.

—Jenny Olafson

TANTALIZING PIE

Filling:
1½ cups cooked ham, diced
1½ cups cooked pearl onions
1 cup carrots, sliced and cooked

Sauce:
2 tablespoons butter
1½ cups milk
⅛ teaspoon pepper
2 tablespoons flour
¼ teaspoon salt
⅛ teaspoon paprika

Cheese Pastry:
1 cup flour
3 tablespoons shortening
3 or 4 tablespoons cold water
¼ teaspoon salt
1/3 cup grated cheese

Arrange alternately layers of meat and vegetables in baking dish. Pour sauce over it. Cover top with cheese pastry. Bake in hot oven 450° F. 25 minutes.

—Mrs. P. B. Guttormson, Flin Flon, Man.

CHICKEN FRIED STEAK (For 2)

½ lb. round steak
salt, pepper, mace and grated onion
1 egg beaten slightly
½ cup fine bread crumbs
4 tablespoons hot shortening

Trim steak, cut in pieces suitable for serving, rub a little grated onion, mace, salt, pepper into the steak. Pound well with the back of a heavy knife, dip in the beaten egg, then in crumbs, make sure that meat is well coated, dip twice if necessary, brown quickly in hot shortening, add ½ cup

of hot water, cover closely and let steam for ½ hour.

—Mrs. C. Sigmar

STEAK ROLLS

2 lb. round steak, cut thick
½ lb. fat bacon
pepper and salt
3 medium onions

Cut the steak in 4 inch squares and sprinkle with pepper and salt. Place on this a piece of bacon and some chopped onion and roll tight. Tie firmly all around with string. Make as many of these as there is steak. Place in frying pan and brown on all sides. Then put them in a deep iron pan and half cover with water. Let simmer on stove for 1½ to 2 hours. When cooked lift the rolls out and remove all string before serving. Thicken gravy with flour and pour over the rolls.

—Mrs. G. L. Stephenson

SWISS STEAK

2 lb. round steak 1 to 1½ in. thick
1/3 cup flour
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons dripping
1 onion sliced
1 cup boiling water
1 tin canned tomatoes

Pound mixed flour and seasoning into meat. Brown well on both sides. Add onion, boiling water and tomatoes. Place in a covered casserole, and cook in a slow oven for 2 hours. Vegetables as green peppers and carrots may be added.

—Mrs. Edward Pitblado

SHEPHERD'S PIE

2 cups riced potatoes
4 cups chopped meat (leftovers)
½ cup gravy
1 small onion
½ teaspoon salt
pinch of pepper

Stir meat, gravy, onion and seasonings and put in casserole. Put riced potatoes on top and bits of butter here and there. Cook in moderate oven until brown on top.

—Mrs. F. E. Snidal

MEAT LOAF WITH TOMATO SAUCE

¾ lb. minced lean beef
1/3 lb. sausage meat or 1/3 lb. lean pork
1 or 2 onions minced
2 eggs
¾ cup bread crumbs
¾ cup milk
1 teaspoon salt
¼ teaspoon pepper

Mix ingredients in order given; pack in a loaf pan lined with strips side bacon. Bake in moderate oven 375°F. for one hour. Turn onto hot platter. Serve with sauce.

Tomato Sauce:
2 tablespoons butter
2 tablespoons flour
1½ cups strained tomatoes
seasoning to taste

Melt the butter; add the flour stirring constantly; add the tomatoes gradually. Let cook until thick. Pour over meat.

—Mrs. J. Carson

DEVILLED STEAK

¼ teaspoon pepper
2 tablespoons butter
1 tablespoon chopped onion
2 tablespoons flour
1 lb. round steak, ¾ inch thick
¾ teaspoon salt
¼ teaspoon paprika
¾ teaspoon mustard

Melt butter and cook onion until light brown. Dredge steak with flour and brown on both sides; season. Remove meat from pan. Make a paste with mustard, vinegar and flour; add water and cook until slightly thickened. Add meat; cover and cook slowly for one hour.

—Mrs. Paul Bardal

BEEF STEW

1½ lbs. round steak (1 inch thick)
2 tablespoons dripping
3 small onions
1 tin consomme
½ teaspoon celery salt
½ teaspoon garlic salt
2 bay leaves
6 medium potatoes
6 large carrots
salt and pepper
1 oxo cube

Cut steak into 1 inch cubes. Dip in flour, salt and pepper. Brown well in dripping. Chop onions finely and brown with meat. Add seasonings and tin of consomme. Simmer for 1½ to 2 hours, adding water as it boils down. Add potatoes and carrots and continue cooking till vegetables are done. Remove vegetables and meat and thicken gravy with ½ cup flour mixed with water, adding oxo cube.

—Florence Johannsson

CANNED BEEF

Cut raw beef into fairly small pieces and pack in sterile sealers; fill to neck with boiling water.

Put knife blade through meat and break any air spaces or bubbles that show. Add one teaspoonful of salt to one quart of meat.

Seal and process for three hours.

—M. Elsie Edgar,
Memorial Hospital, Vita, Man.

BEEF AND KIDNEY PIE

2 lbs. beef stew
1 large kidney
1 large onion
salt and pepper to taste

Brown meat and kidney well. Add onion. Add enough water to barely cover. Simmer for 1 to 1½ hours. Thicken gravy. Cover with pie crust and bake in oven.

Peas or carrots may be added if vegetables are preferred.

—Mrs. L. Matthews

MEAT ROLL WITH SAVORY SAUCE

Tea biscuit dough:
2 cups cooked meat or chicken
white sauce
milk

Biscuit dough:
2 cups flour
2 teaspoons baking powder
2 tablespoons butter

Roll biscuit dough into rectangular sheet. Dice cooked meat or chicken and moisten with white seasoned sauce. Spread on biscuit dough and roll up like jelly roll. Brush with milk. Bake in quick oven 400°F. for 15 to 20 minutes.

Sauce for servings:
1 cup white sauce
½ cup green peas
little pimento diced
½ teaspoon Worcestershire sauce
½ cup diced canned mushrooms if desired.

—Mrs. O. Stephensen

SAVORY SAUSAGE DISH

2 lbs. small sausages
2 good sized onions
1 tin tomato soup
1 egg
1 cup milk
2 teaspoons baking powder
1 heaping cup flour
a little salt

Place sausage in baking dish. Place sliced onions on top. Let cook 15 minutes. Pour tomato soup over sausages; then make a batter of egg, milk, flour and baking powder. Pour over top. Bake 35 minutes.

—Bertha W. Nicholson

YORKSHIRE PIGS

1 cup sifted flour
½ teaspoon salt
1 cup milk
2 eggs
1 lb. pork sausage

Brown the sausages and drain off all but 2 tablespoons fat. Beat eggs and milk together and add to flour and salt. Using a rotary beater, beat

well until mixture is smooth. Pour over sausages. Bake in hot oven 400° 20 to 25 minutes. Serve immediately.

SCALLOPED PORK STEAK

Butter a deep baking dish and put layer of potatoes on bottom. Season with salt and pepper and sprinkle with flour, then put layer of pork steak (cut in strips) and finely chopped onion. Add another layer of potatoes; repeat seasonings. Add a second layer of steak and a third layer of potatoes. Cover with milk and bake in medium oven for 1½ hours.

—Mrs. Lincoln Johnson

PORK CHOPS - CHICKEN STYLE

6 pork chops
salt and pepper
flour
1 teaspoon powdered sage
1 can mushroom soup

Wipe the chops and rub well with salt, pepper and sage. Dip each in flour and brown in hot, melted shortening. Lift carefully into shallow baking dish and pour tin of mushroom soup over them. Cover and bake in 350°F. oven about 1 hour until chops very tender and moisture almost absorbed. Add a little water from time to time if needed. Serve with sweet potatoes or baked apples.

—Mrs. John Hillsman

BARBECUED PORK CHOPS

6 medium pork chops
bread crumbs
1 egg
shortening

Trim excess fat off chops. Dip in beaten egg and crumbs and brown in hot shortening. Cover with sauce which has been boiled for 3 minutes.

Sauce:

1 No. 2 can tomatoes
¼ cup vinegar
½ cup brown sugar
1 teaspoon allspice
1 teaspoon cloves
salt and pepper

Cover pan, reduce heat and cook slowly for 1 hour. Remove to platter; cover with sauce and garnish with green pepper rings or parsley.

—Mrs. H. S. Bjarnason

PORK CHOP EN CASSEROLE

Brown pork chops well in frying pan. Place in casserole. Take 1/3 cup uncooked rice and brown in gravy; place over pork chops. Add 1 or ½ green pepper chopped fine, salt and pepper. Pour 1 can of tomatoes over above and bake 1 hour in moderate oven.

—Mrs. A. McCullough

PORK TENDERLOIN DE LUXE

1 pork tenderloin
lean side bacon
onion slices
tomato slices

Cut tenderloin into 1 inch pieces; flatten slightly. Cross 2 slices of bacon. In centre of bacon place 1 piece of tenderloin, then slice of onion and on top a slice of tomato. Bring ends of bacon to top and fasten with toothpicks. Bake in moderate oven.

—Mrs. J. L. Bardal, Vancouver, B.C.

VEAL BAKED IN CREAM

2 lbs. veal steak (cut 1 inch thick)
½ cup bread crumbs
½ cup flour
4 tablespoons fat
1 cup thin cream
1/8 teaspoon soda
season with salt and pepper

Cut steak in sizes convenient for serving. Dip in flour, then in slightly beaten egg, then in bread crumbs. Melt the fat and brown the meat well on both sides. Sprinkle with salt and pepper. Place in shallow pan. Cover with cream to which has been added the soda. Bake in slow (325°) oven for one hour. Veal tastes almost like chicken when cooked.

—Mrs. E. A. Wood

VEAL POT PIE WITH DUMPLINGS

2 lbs. shoulder of veal
1 onion
½ teaspoon worcestershire sauce
¼ cup tomato ketchup
½ cup cold water
1 teaspoon salt
dash of pepper
2 cups diced potatoes
3 tablespoons flour
dumplings

In a kettle containing 1½ quarts of boiling water place veal and onion and simmer for an hour or more. Add salt and pepper and worcestershire sauce. Add potatoes and cook until nearly done. Add ketchup. Thicken using flour blended with water. Place dumplings on top of the meat, cover, steam for 12 minutes. Be sure dumplings rest on meat.

Dumplings:
1½ cups flour
½ cup milk
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon shortening

Cover well and steam for half an hour. A little more milk may be added if too thick.

—Mrs. J. Norman Gillies

VEAL LOAF

2 lbs. lean veal
1 lb. ham
1 cup cracker crumbs or dry bread crumbs
3 eggs well beaten
1 small onion chopped fine

Season with salt, pepper, and a little sage. Grind the veal and ham very fine and mix ingredients. If mixture seems too stiff add 2 tablespoons cream or melted butter. Sprinkle a thin layer of crumbs on bottom of buttered loaf pan and press in the well mixed meat mixture and bake from 2 to 2½ hours. Melt 1 tablespoon butter in 1 cup hot water and every 20 minutes pour a spoonful over the meat. Set pan into a larger pan, partly filled with water during the last hour of baking. Turn out on platter. May be served hot with tomato sauce, or sliced cold.

—Mrs. H. Sigmar

MOCK DRUM STICKS

1 lb. veal steak
1 lb. pork tenderloin
1¼ teaspoons salt
½ teaspoon pepper
1 egg
¾ cup fine bread crumbs
2 tablespoons fat
2 tablespoons flour
2 cups stock
1 teaspoon minced onion

Scald and wipe wooden skewers. Pound meat until flat and thin, pounding in salt and pepper at the same time. Insert skewers in centre of pieces of meat, alternating veal and pork. Mold meat into drumstick shape, dip in beaten egg and roll in bread crumbs. Brown in hot fat and place in baking dish. To hot fat add flour, brown slightly, then add liquid and seasonings. Pour in gravy over meat. Cover and bake 1 hour. Serve with hot biscuits.

—Mrs. O. Bjornson

BAKED STUFFED LAMB CHOPS

6 lamb chops, 2 inches thick
1 tablespoon minced onion
½ cup chopped, canned or fresh mushrooms
2 tablespoons butter
3 tablespoons chili sauce
1½ teaspoons flour
1 tablespoon water

Melt butter in saucepan; add the minced onion, chopped mushrooms and chili sauce. Simmer 5 minutes then add the flour. Stir well and add water last. Simmer 2 minutes longer. Cut a pocket in each chop and fill cavity with some of the stuffing. Arrange in a baking pan and bake in a hot oven 400° F. for 30 or 35 minutes or until done. Serves 6.

—Mrs. D. W. Dorian

BARBECUED SPARE RIBS

Sauce:

(Enough for 3 lbs. of spare ribs)

½ cup catsup
½ cup white sugar
½ cup white vinegar
1 teaspoon salt
1 teaspoon mustard
1 teaspoon worcestershire sauce
¼ teaspoon pepper

Mix dry ingredients and add liquid. Cut spare ribs in servings of 3 to 4 ribs. Brown slightly then place in 300° F. oven and baste every ten minutes with sauce. Bake about 1½ hours.

—Mrs. H. S. Sigurdson
Fort William, Ont.

LIVER LOAF

1 lb. beef liver
½ lb. ground beef
½ lb. ground pork

Scald and trim liver; put through chopper; mix all together. Add:

1 egg beaten
2/3 cups of milk
1½ cups ground carrots
2 cups soft bread crumbs
1 teaspoon mustard
2 tablespoons catsup
1 teaspoon salt

Mix thoroughly. Pack into well greased loaf pan. Bake at 350° F. for 1½ hours.

—Lilian Breckman

CHOW MEIN

2 cups diced cooked or canned meat
3 large onions
1 stalk celery
1 tin mushrooms (or 1 cup fresh)
1 package frozen peas
1 tin chicken with rice soup
2 tablespoons butter
2 tablespoons soya sauce
salt and pepper

Chop onions and celery and cook in melted butter until straw colored. Add meat, soup, mushrooms and flavorings. Simmer about 45 minutes. Cook peas separately and add just before serving. If desired thicken with cornstarch. Serve with fluffy boiled rice.

—Mrs. Grace Pollock

CHINESE CHOP SUEY

2 cups diced raw chicken
2 cups diced fresh pork
1 large onion
1 cup celery
1 cup mushrooms
2 cups bamboo sprouts
1 cup water chestnuts
4 cups water
3 tablespoons soya sauce

Cook chicken and pork in frying pan till slightly browned. Add vegetables cut in thin slices lengthwise; also water and soya sauce. Cook 2 hours. Serve with rice and soya sauce. Will serve 8 people.

—Helga Jonsson

SWEET AND SOUR SPARE RIBS

Chop and cut 1 flank of spare ribs into small pieces, about 2 inches by 2 inches. Brown them well; then add enough water for sauce and boil till cooked. Add citric or tartaric acid to taste (about size of a pea), ½ cup brown sugar, 1 teaspoon soybean sauce. Thicken with cornstarch. Add scraped onion if desired.

—Mrs. P. J. Finnbogason,
Regina, Saskatchewan

CHILI CON CARNE

3 tablespoons fat or oil
1 clove garlic
1 lb. minced steak
2 medium onions chopped
½ teaspoon salt
2 tablespoons chili powder
3 tablespoons water
2 teaspoons sugar
3½ cups canned tomatoes
1 can baked kidney beans

Melt fat in pan, cut up garlic clove and add. Fry until brown, then remove pieces of garlic. Now put meat in pan and brown well. Add onion, salt and chili powder which has been

mixed with the water and sugar. Lastly add tomatoes. Bring to a boil and simmer for 1½ to 2 hours. If liquid boils away it may be necessary to add water from time to time. Finally, add kidney beans and beat thoroughly.

Serve on bread buns sliced in half. This will keep in refrigerator and may be re-heated.

—Sheila Gray

LUNCHEON MEAT

Remove from the can, whole, a loaf of luncheon meat. Pour following mixture over meat:

1/3 cup brown sugar
1 teaspoon prepared mustard
1 teaspoon vinegar
1 teaspoon water

Bake in moderate oven 350° F. for 20 to 25 minutes.

—Mrs. Josephine Davis

POULTRY and POULTRY DRESSING

CREAMED CHICKEN

Boil chicken until partly done, separate into pieces and roll in flour. Brown in very little butter and then pour thick cream over it. Season with pepper and salt and let come to boil. Serve hot.

—Mrs. A. Trottier

BRUNSWICK STEW
(Old Southern Recipe)

1 chicken (old hen is best)
2 quarts water
½ lb. fat pork
4 large onions
1 quart tomatoes
6 large white potatoes
1 can butter beans or about as many fresh ones

Cook all together for several hours till chicken comes to pieces. Remove the bones and pick the meat to pieces. Cut very fine. Grate about 4 or 5 ears corn. Add this to the stew, cooking 20 minutes longer. Be careful not to let it burn. Season with pepper, salt and butter and thicken with about 2 tablespoons flour and water. The stew should be very thick when done.

—Mrs. L. B. Hillsman, New York City

PIGEONS A LA FRANCAISE

Braise the pigeons till tender, split them in halves, place them on toast, pour over some of the gravy, and garnish with stoned olives, button mushrooms, small quenelles, olive-shaped pieces of carrots and turnips that have all been simmered in chicken or veal stock till done.

—Mrs. I. Furney

PRAIRIE CHICKEN
(Icelandic Style)

Pluck and remove skin of chicken. Soak 4 to 5 hours in one part vinegar and two parts water — liquid to cover. Wash well and soak in milk over night. Dry carefully. Skewer legs to body and thread breast with strips of fat salt pork or ham. Fry in butter.

Place in baking dish and pour over following sauce: Fry butter light brown, stir in flour, add whole milk gradually until thin sauce. Salt to taste and pinch of sugar. This sauce should cover half of chicken. Bake 1 hour in slow oven — 325°F. Baste often. To get more gravy add cream and butter.

—Mrs. J. P. Markuson

FRIED CHICKEN

Cut two chickens into pieces, dust with salt, pepper, powdered thyme, pinch mace, roll in flour and fry in hot olive oil.

Sauce:

Put one large onion chopped in frying pan, one chopped clove garlic, one cup white wine, 1 tablespoon sherry, 2 beef extract cubes, pinch red pepper.

Cook slowly 20 minutes, serve in the cooked rice and potato chips.

—Mrs. A. L. Beaubien

CHICKEN EN CASSEROLE

(From the Recipe of a Famous French Chef)

Roasting chicken 4¼ lbs.
¼ cup shortening
1 stalk celery
1 small onion stuck with three cloves
2 cups fresh mushrooms (thirty small ones)
1 cup cream
2½ tablespoons flour
2 tablespoons cream
1 egg yolk

For Stock:

Neck, back and giblets of chicken
6 cups water
1 bay leaf
9 celery leaves
2 teaspoons salt
¼ teaspoon black pepper

Clean chicken and cut into pieces as for frying. Make a stock with the neck, back and giblets, cooking them with water and seasoning as listed above.

Rub the breast pieces, legs, second joints and wings with the shortening. Place these in casserole 12 inches long and eight inches wide and two and a half inches deep; cover tightly and cook in hot oven without adding any liquid for forty minutes until the chicken is well browned. Add one cup of stock, the celery and the onion stuck with cloves, and continue cooking tightly covered for thirty-five minutes in moderate oven.

Then if the chicken is tender add the mushrooms, the giblets cut in small pieces, cook for ten minutes longer. Blend the flour with the cupful of cream, add the stock and cook on top of the stove in a saucepan until smooth, about 5 minutes. Add the egg yolk mixed with two tablespoons of cream, stir well, return the casserole, heat for ten minutes, and serve. Yield: Six servings.

—Thorstina Jackson Walters, New York City

BREAD STUFFING

3 quarts stale (not hard) bread crumbs
6 teaspoons salt
2 tablespoons sage
2 tablespoons chopped celery
¼ teaspoon pepper
¾ cup butter
½ cup chopped onion
2 tablespoons chopped parsley

Combine the crumbs, salt, sage, celery, parsley and pepper. Meanwhile melt fat in frying pan, add onions and simmer gently until tender. Then add seasoned bread crumbs and stir and heat until crumbs are browned. The quantities given make enough for 10 lb. bird.

—Bernice Duncan, Antler, Sask.

BAKED CHICKEN

Clean and cut up a young chicken, roll in flour, brown in butter, and place in rack of roaster. Pour a little water into pan in which chicken was browned, season and pour into bottom of roaster. Season chicken, cover and bake in a hot oven for 30 minutes to 1 hour, adding a little water if necessary. Add a cup of milk or cream to gravy and thicken with flour.

—Mrs. O. Bjornson

JELLIED CHICKEN

1 chicken
1 pint stock
salt and pepper
2 hard boiled eggs
1 tablespoon granulated gelatine

Boil chicken till it falls off the bones. Salt, pepper and strain off juice. Boil juice down to 1 pint; in this dissolve the gelatine. Line mould with sliced eggs, add chicken and pour over juice. Let harden and turn out on a platter. This is very nice for luncheon or supper.

—Mrs. John Duncan, Antler, Sask.

CHICKEN PATTIES

2 tablespoons butter
2 tablespoons flour
1 cup chicken stock or milk
½ teaspoon salt
few grains of pepper
1 cup cold diced chicken

Melt butter in saucepan, stir in flour, smooth, add chicken stock or milk, and bring to a boil. Add chicken and cook slowly 5 minutes. Fill patty shell and serve at once.

—Mrs. J. A. Blondal

CHICKEN MOUSSE

1 cup chicken stock
1 cup cooked chicken, cooled
1 cup whipped cream
1 tablespoon chopped olives
2 tablespoons gelatine in
2 tablespoons cold water
½ teaspoon salt
paprika and celery salt to taste
2 whites of eggs beaten stiff

Heat stock, add gelatine and season, add chicken chopped very fine. When cool add cream, and at last beaten whites of eggs, put in molds.

Serve cold with mayonnaise.

This is very nice to serve in patty cups.

—Mrs. H. G. Hart

CANNED CHICKEN

Cut, wash and drain fresh chicken. Pack into clean sterile jars. I always put gizzard, liver, hearts at bottom of sealer and pieces of yellow fat from chicken on top, then be sure there are no air spaces.

Add one teaspoonful of salt to a quart sealer.

If there is much space when packing drumsticks or wings, pour in boiling water *slowly* to neck of sealer, (this makes a very nice chicken jelly) and put clean knife blade through meat where air bubbles or spaces show.

Seal with rubber rings, tighten tops and put back half turn.

Process in steady hot water bath for three hours.

—M. Elsie Edgar,
Memorial Hospital, Vita, Man.

ROAST TURKEY

Clean, stuff and truss the turkey. Rub entire surface with salt, brush with soft butter and dredge with flour. Place in hot oven and when well browned reduce the heat. Baste with fat in pan and add 2 cups boiling water, to which ½ cup melted butter may be added. Continue basting every 15 minutes until turkey is cooked, which will require about 4 hours for a 10 lb. turkey. During cooking process turn turkey frequently, so that it may brown evenly.

—Mrs. S. W. Sigurgeirson,
Hecla, Man.

TURKEY DRESSING

¾ loaf bread soaked in cold water and squeezed dry
2 onions chopped fine and fried in half cup butter
1 pint oysters cut in small pieces
season with salt, pepper and sage

—Mrs. G. L. Stephenson

ICELANDIC DISHES

FLATBRAUÐ

½ teaspoon soda
salt
1 cup each—rye and white flour
½ cup cracked wheat

Mix in bowl and make a well, pour in boiling water for fairly stiff dough, stirring rapidly. Roll flat about ¼-½ inch thick. Fry on a very hot griddle or just on top of burner. Use small amount of grease.

—Katrin Brynjolfsson

KÆFA

1 teaspoon pepper
1 teaspoon ginger
1 teaspoon allspice
2 large onions
3 lbs. veal
3 lbs. lamb
2 tablespoons salt
Enough water to cover meat

Boil for three hours, then remove bones and put meat through meat grinder. Take meat juice and add onions that have been put through a grinder, also all the spices. Then put meat back into meat juice and boil for 15 to 20 minutes. Pour into form to cool, then slice and serve.

—Mrs. John K. Johnson

SKYR

Take 4 qts. of sweet milk and bring to boil. Cool until lukewarm. Take ½ cup milk and stir in 2 tablespoons bjetti (skyr). Stir this into the lukewarm milk. Add 12 drops rennet, stir well. Set aside in warm place about 24 hours. Drain off liquid through cheese cloth. Remove from cheese cloth, put in bowl, beat well and serve with cream.

Recipe for bjetti:

2 eggs, well beaten
½ cup sour cream
1 tablespoon sugar

Beat well, use when skyr is not available.

—Mrs. J. K. Johnson, Hecla, Man.

MYSUOSTUR

(Icelandic Whey Cheese)

2 gals. milk
1 teaspoon liquid rennet
1 cup sugar
1 cup thick cream (or 4 tablespoons butter)

Warm milk and add rennet. When set, break up curd and strain it off. Boil whey down until there is about 1 pint left (this takes nearly a whole day) then strain. Add cream or butter, or both may be added if desired. Cook for ½ hour. Then beat thoroughly until cold. (If it is not well beaten it becomes coarse and sandy). Should be smooth and creamy, and thick enough to spread on bread like jam.

—Mrs. B. Pell, Leslie, Sask.

PÖNNUKÖKUR

1 cup flour
1/3 cup fruit sugar
¼ teaspoon salt
¼ teaspoon baking powder
1 cup milk
2 eggs, beaten well
1 egg yolk
vanilla or lemon flavoring

Sift flour, sugar, salt and baking powder. Add milk gradually, stirring until smooth, then add eggs, beaten.

Drop on griddle according to size required. Serve with grape jelly and whipped cream.

—Mrs. Jon F. Bjarnason

RÚLLUPYLSA

4½ lbs. mutton flank, with bones removed
2 tablespoons salt
¼ teaspoon saltpetre
½ teaspoon cloves
1 teaspoon allspice
½ teaspoon pepper

Chop 1 large or 2 small onions very fine, mix with spices. Fix mutton so that lean and fat is alternate. Sprinkle with onions and spices. Roll and hold with fork while sewing. Roll tightly

with string and keep rolled in clean cloth for a day or two to season. If lamb, boil 2 hours, and if mutton boil 2½ hours. Place under weight until firmly pressed. —*Mrs. Chris Olafson*

FISKIBOLLUR

1 lb. fresh cod fillets
2 tablespoons flour
2 tablespoons potato flour
2 tablespoons melted butter
1 teaspoon salt
½ teaspoon pepper
1 teaspoon mace
½ cup milk

Scrape fish to a very fine pulp. Mix the other ingredients with the scraped fish and beat very hard. Form into balls, using about one tablespoon of the mixture and drop into boiling water. Boil steadily for 10 minutes. May be served with curry sauce and rice or browned in butter and served with potatoes.

LIFRARPYLSA

2½ lbs. liver
1 lb. kidney suet
1 cup scalded milk
1 tablespoon salt
½ teaspoon pepper
1 cup oatmeal
½ cup whole wheat flour
½ cup Graham flour
1½ cups Rye meal (Graham flour may be used if rye meal is unobtainable)

Put liver through food chopper. Cut suet in small pieces (do not chop or put through food chopper). Add scalded milk, salt and pepper and cereals. Make bags of factory cotton, about 4 by 8 or 5 by 9 inches. Wet in cold water and fill with mixture and tie tops securely. (Do not leave any air spaces). Drop bags in boiling water with about 2 tablespoons of salt added, and boil for 2 hours (approx.). Take out bags and while hot cut down one side and contents will come out in one piece. Serve hot or allow to cool and fry slices, about 1 inch thick in butter.

To keep, cut in large pieces and put in a mild pickle of vinegar and water. Keep in a cold place.—*Jenny Olafson*

SAGO SOUP

2½ qts. boiling water
1 cup sago
1 cup sugar
½ cup raisins
½ cup chopped prunes
2 sticks cinnamon
¼ teaspoon oil of lemon
1 cup fruit juice
1 cup sherry

Add the sago and the sugar to the boiling water and let cook for 10 minutes. Add the raisins, prunes and stick cinnamon and boil for 10 to 15 minutes longer. Remove from the fire, add lemon flavoring, fruit juice and sherry and serve hot as you would any soup.

BUTTER KRINGLE

2 cups flour
2 rounded tablespoons lard
2 cakes compressed yeast
2 tablespoons sugar
1 cup milk
½ lb. butter

Sprinkle sugar over the yeast to dissolve it. Rub the lard into the flour as in making pastry, then add the yeast and the milk. Mix thoroughly and chill.

Turn on to a lightly floured cloth and roll thin. Spread one-quarter of the softened butter over half the dough, cover with the other half and roll and pound with the rolling pin. Chill and repeat this four times until all the butter is used. Then roll out thin and cut into three strips.

Place a mixture of brown sugar, chopped nuts and chopped raisins down the centre of the strip and fold the edges over to meet. Chill for at least 12 hours longer. When ready to bake, brush the strips with an egg beaten with a little granulated sugar and bake in a hot oven for 20 to 25 minutes. Cut into individual sized servings.

Time and Temperature Chart

Very Slow Oven	250 to 300 deg. F.
Slow Oven	300 to 325 deg. F.
Moderate Oven	325 to 400 deg. F.
Hot Oven	400 to 450 deg. F.
Very Hot Oven	450 to 550 deg. F.

Oven Temperatures for Flour Mixtures

Temperatures for baking flour mixtures are given with each type of recipe.

Roasting Temperatures

Note: Before commencing to roast the meats, sear them in a VERY HOT oven. This searing process closes up the cells and retains the juices.

Sear as follows:

Veal	525 deg. F., 15 minutes
Beef	500 deg. F., 20 to 30 minutes
Pork	500 deg. F., 15 minutes
Lamb and Mutton	480 deg. F., 30 minutes
Roast Fowl	450 deg. F., 30 minutes

Then roast as follows:

Roast Veal	260 deg. F., 20 minutes for each lb.
Beef (rare)	350 deg. F., 15 minutes for each lb.
Beef (medium done)	350 deg. F., 18 minutes for each lb.
Beef (well done)	350 deg. F., 20 to 22 minutes for each lb.
Roast Pork	300 deg. F., 25 to 30 minutes for each lb.
Roast Lamb	300 deg. F., 30 to 35 minutes for each lb.
Roast Fowl	250 deg. F., 2 to 4 Hours, depending on size of fowl. Fish, meat loaves and ham are not seared.
Baked Fish	450 deg. F., 45 to 60 minutes
Meat Loaf	350 deg F., 20 minutes for each lb.
Roast Ham (not previously boiled)	375 deg. F., 30 minutes for each lb.

Other Baking Temperatures

Baked Custard (individual)	325 deg. F., 40 minutes
Baked Custard (1 quart)	325 deg. F., 1¼ hours
Cottage Pudding	350 to 375 deg. F., 25 to 30 minutes
Rice Pudding (rice previously cooked)	325 deg. F., 45 to 60 minutes
Scalloped and Casserole Dishes (Made of previously cooked materials)	450 deg. F., 18 to 20 minutes
Baked Potatoes	500 deg. F., 40 to 60 minutes
Scalloped Potatoes (Cover for first thirty minutes, then uncover to brown)	325 to 350 deg. F., 1 to 1¼ hours

Substitutions

1. Substitute for Baking Powder: 1 level teaspoon cream of tartar mixed with ½ teaspoon baking soda = 2 level teaspoons baking powder.
2. Substitute for Sour Milk: 1 cup sweet milk, soured with 1 tablespoon of vinegar or lemon juice = 1 cup sour milk.
3. Substitutes for Sweet Milk:
 (a) Evaporated Milk: ½ cup evaporated milk diluted with ½ cup water = 1 cup sweet milk.
 (b) Coffee: ⅞ cup cold coffee = 1 cup sweet milk, in cakes and cookies.
 (c) Sour Milk: when sour milk is substituted for sweet milk in flour mixtures, allow ½ teaspoon baking soda for each cup of sour milk. Reduce baking powder to 1 level teaspoon for each cup of flour. In mixtures containing eggs, deduct an additional ½ teaspoon baking powder for each egg.
4. Substitutes for Granulated Sugar:
 (a) 1 cup honey = 1 cup sugar in cakes, cookies, etc. Allow ¼ teaspoon of soda for each cup of honey. Deduct 3 tablespoons of liquid for each cup of honey used.
 (b) 1¼ cups of fruit sugar = 1 cup granulated sugar.
 (c) 1½ cups brown sugar = 1 cup granulated sugar.
5. Substitute for Unsweetened Chocolate: 3 level tablespoons breakfast cocoa, plus 1 level tablespoon butter = 1 square or ounce chocolate.

(Over)

6. Substitutes for Butter:
 (a) 1 cup shortening, plus ½ teaspoon salt = 1 cup butter for cakes, cookies, etc.
 (b) Lard is 100% fat and when it is substituted for butter the amount should be decreased. ⅞ cup lard, plus 2 tablespoons of liquid and ½ teaspoon salt = 1 cup butter, for cakes, pastries, cookies, etc.
7. Substitute for Eggs: One egg may be omitted from cakes and cookies calling for more than two eggs. Use ½ teaspoon extra baking powder and 2 tablespoons extra of milk. In custard mixtures and in rich fillings for pies and cakes, 2 level tablespoons of flour may be substituted for one egg.
8. Substitute for Candied Orange Peel: Orange marmalade.
9. Substitute for Orange or Lemon Extract: Grate orange or lemon peel.
10. Substitute for Meat Stock: 1 bouillon cube dissolved in 1 cup boiling water, or 1 cup canned consomme = 1 cup meat stock.
11. Substitute for Oatmeal: Rolled oats put through food chopper.
12. Substitute for Cornstarch: 2 level tablespoons flour = 1 level tablespoon cornstarch, in cream fillings, custards and sauces.
13. Substitute for Cake Frosting: Mixture of sugar and cinnamon, sprinkled on cake batter before baking.
14. Substitute for Macaroon Crumbs: Stale cake crumbs, sprinkled with granulated sugar and almond extract and lightly browned in oven.

Food Equivalents

Note—The equivalents given are not exact. They are merely a guide for the convenience of the home cook.

Almonds (shelled)	1 lb.	=	3 cups
Baking Powder (tartrate)	1 oz.	=	3 tablespoons
Baking Powder (phosphate)	1 oz.	=	2½ tablespoons
Breadcrumbs (fairly stale)	1 lb.	=	4 cups (packed)
Butter	1 lb.	=	2 cups
"Butter size of an egg"	¼ cup	=	4 tablespoons
Butter	1 oz.	=	2 tablespoons
Cheese (Canadian grated)	1 lb.	=	4 cups
Chocolate (unsweetened)	1 lb.	=	16 squares
Chocolate (unsweetened)	1 square	=	1 ounce
Chocolate (unsweetened) grated	1 oz.	=	5 tablespoons
Cocoa (breakfast)	1 lb.	=	4 cups (approx.)
Citron Peel—candied (shredded) (lightly packed in cup)	1 lb.	=	4½ cups (approx.)
Coconut (shredded)	1 lb.	=	6 cups
Coconut (desiccated)	1 lb.	=	4½ cups
Currants (dried)	1 lb.	=	3 cups (rounded)
Dates	1 lb.	=	2½ cups
Eggs (whole)	1 cup	=	4 to 6 eggs
Eggs (whites)	1 cup	=	8 to 9 whites
Eggs (yolks)	1 cup	=	about 12
Figs	1 lb.	=	3 cups
Flour (sifted before measuring)	1 lb.	=	3½ cups
Flour (Graham)	1 lb.	=	4½ cups
Gelatin (granulated)	1 oz.	=	2½ tablespoons
Lard	1 lb.	=	2 cups
Lemons	juice of 1	=	3 to 4 tablespoons
Lemon or Orange Peel (candied)	1 lb.	=	4 cups (ground)
Meat (cooked and ground)	1 lb.	=	2 cups (packed)
Mustard (ground)	1 oz.	=	4 tablespoons
Nutmeg (grated)	1 nutmeg	=	2½ tablespoons
Oats (rolled)	1 lb.	=	5½ cups
Oatmeal	1 lb.	=	3 cups (approx.)
Oranges	juice of 1	=	4 to 5 tablespoons
Potatoes	1 lb.	=	3 to 4 (med. size)
Raisins (seedless)	1 lb.	=	3 cups (rounded)
Salt	1 oz.	=	2 tablespoons (approx.)
Spice (ground)	1 oz.	=	4 tablespoons
Suet (chopped)	1 lb.	=	4 cups (packed)
Suet (chopped)	1 oz.	=	about ¼ cup

SUGARS

Brown Sugar (depending on moisture in sugar)	1 lb.	=	2¾ to 3 cups
Granulated	1 lb.	=	2 cups
Fruit Sugar (powdered)	1 lb.	=	2¾ cups
Icing Sugar (confectioner's)	1 lb.	=	3½ cups

(Icing and Fruit Sugars sifted before measuring)

Household Hints

As you take a cake from the oven, place it for a very few moments on a cloth wrung out of cold water. Then it may be turned out easily without sticking to the pan.

When separating the yolk from the white of an egg, if you drop a portion of the egg yolks into the whites, moisten a cloth with cold water, touch to the yolk and it will adhere to the cloth.

Never beat egg whites in an aluminum pan as it is sure to darken them. If the eggs are placed in cold water for a time before they are broken, they will whip easily. The egg whites will also whip more easily if a pinch of salt is added to them.

The yolks of eggs, left over when baking requires whites only, if dropped into a pan of boiling and salted water, will cook and be ready for your noon salad.

When cream will not whip, add the white of an egg to your cream; chill and it will whip easily.

A well beaten white of egg added to mashed potatoes will add to the look and taste of the dish.

When making mayonnaise add the white of the egg to the mixture after the vinegar is added. This will prevent curdling.

A teaspoonful of vinegar added to the water in which the eggs are poached keeps the whites from spreading and makes the whites cook over the yolk.

To peel an orange easily and get the skin off in one piece, heat the orange slightly for three or four minutes before peeling.

Heat lemons well before using and there will twice the quantity of juice.

To keep lemons for a considerable length of time, coat them lightly with paraffin, using a small brush. When it is desired to remove the paraffin heat them slightly and it will roll off.

Lemon juice or vinegar in the water cauliflower is cooked in makes it keep its snowy white color.

To prevent the odor of boiling ham or cabbage from permeating the house, add a little vinegar to the water in which they are boiled.

To make meat tender, put it in strong vinegar water for a few minutes.

When celery loses its crispness, place it in a pan of cold water. Slice a raw potato and put it in the pan. Let it stand for a few hours. Remove the celery from the water and you will find it has regained its original crispness.

Before scraping new potatoes, soak them for half an hour in cold water which has been salted. Not only do the skins peel off easily but the hands are not stained.

To improve the flavor of old potatoes, add a little sugar to the water in which they are boiled.

When making jam, rub the bottom of the pan with butter. This prevents burning and keeps the jam clear.

If a vegetable or cereal burns, plunge the vessel containing the burned mass into cold water and allow it to remain for a few minutes before pouring the contents into another pan. This will do away almost entirely with the burned taste, which is so disagreeable.

If soup has been over-salted, add a teaspoonful of sugar, or a few small pieces of raw turnip, and simmer a little longer. This will neutralize the salt flavor.

To keep juice from running out of fruit pies, insert a small cornucopia of white paper into the centre of the pie so that it is about twice the height of the pie.

When packing a trunk of woollens for long storage, place in it a bottle of chloroform with a small hole in the cork. The fumes will permeate the garments and destroy the moths.

When putting up curtains on small curtain rods, slip a thimble over the end of the rod. The curtain slips on in a second and no threads are pulled.

If silver, after it is cleaned, is rubbed with a piece of lemon and then washed and well dried, it acquires an extra brilliancy and will keep clean longer than ordinary cleansing.

When silver becomes dull, rub it with a piece of potato dipped in baking soda.

A dry cork will remove stains from plate or silver more quickly than anything else and it never scratches. If the cork is cut to a point it can be worked into the crevices, which have become tarnished.

The darkest egg stain may be removed from silver by taking a pinch of table salt between the thumb and finger and rubbing it on the spot with the end of the finger.

To whiten piano keys, wash them with alcohol.

Wash aluminum in a weak solution of vinegar and water, and polish with whiting.

To clean hair brushes, rinse them thoroughly in cold water to which a generous amount of ammonia has been added; then shake and place in open air to dry. The ammonia removes the dirt like magic.

Furniture that has lost its polish may be renovated by rubbing with linseed oil or paraffin, or by washing with equal parts of vinegar and warm water. Wipe with a damp cloth, dry and polish off with a good furniture polish or cream. Give a final rubbing with a piece of chamois leather.

Colored wool rugs which have faded may be brightened by rubbing with a flannel dipped in warm water, to which a little vinegar and common salt have been added. Dry in open air.

If ink is spilled on a carpet, cover immediately with salt. Scoop it as it soaks up the ink and repeat until it comes off clean. Put on more and leave over night.

Moisten cigar ashes and rub on spot of furniture which has been spotted by water or steam.

After oiling the sewing machine, it is a good idea to sew through a blotter so that the blotter may absorb the surplus oil which otherwise might stain the next fabric to be placed under the machine needle.

When "washing up" put a piece of lemon peel into the dishpan. It will soften the water, remove all traces of the smell of fish and so on, and put a fine gloss on the china.

The white of an egg will make a rough skin white and soft. Rub a little into the skin at bedtime and wash off in the morning.

If no paste is available, the white of an egg makes an excellent adhesive.

The white of an egg mixed with equal parts of glycerine will alleviate the pain of a burn. Pour the mixture over a strip of linen and bind over the affected part.

A few drops of olive oil added to hard water will make the soap lather better and keep the skin from getting rough.

To keep clothes from freezing, add one cup of salt to last rinsing water.

Wallpaper cleaner: 4 tablespoons vinegar; 4 tablespoons liquid ammonia; 2 tablespoons salt; 2 tablespoons coal oil; 1 cup warm water; 2 cups flour. Mix and cook over a low fire until like bread dough. Use when cool. Cleans walls beautifully.

To remove wallpaper, mix together one heaping tablespoonful saltpeter and one gallon of hot water; apply freely to wallpaper, keeping the water hot. The paper will come off easily.

When painting, always have your floor wax handy. Paint splashes are easily cleaned off hands, floors or furniture with wax and wiped with a clean cloth.

To remove paint from clothing, saturate the spot two or three times with equal parts spirits of turpentine and ammonia and then wash out with soap suds. This treatment will remove paint no matter how dry or hard it may be.

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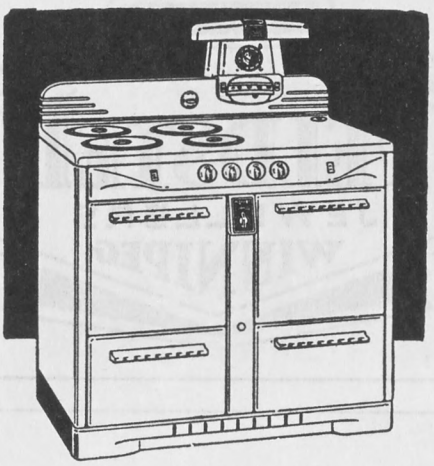
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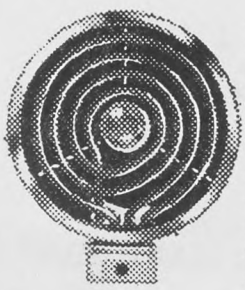
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